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VANCOUVER metro®
NEWS WORTH SHARING.

Let's fight him tooth and jail

Lawyer for College of Dental Surgeons argues that an unlicensed dentist, if caught, should go to prison PAGE 3

Moral dilemma over cash plan

Can Vancouver support its pension fund without betraying its green goals by investing in fossil fuels? PAGE 4

JUDGE CALLS CENSUS TRIAL A RIDICULOUS 'DISASTER'

ACTIVIST NOT GUILTY PAGE 6

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Carol Todd holds a photograph of her late daughter Amanda while sitting on a bench dedicated to her at Settlers Park in Port Coquitlam on Sunday. Carol recently met Tad Milmine, a Surrey RCMP officer who takes his anti-bullying message to kids in schools across Canada. DARRYL DYCK/THE CANADIAN PRESS

Gay Mountie on the front lines of teen bullying

Anniversary of Amanda Todd's death. 'I'm trying to be the person that I didn't have in school,' says Surrey officer behind anti-bullying website

When Tad Milmine walks into a classroom, students don't know anything about him.

They don't know he's an RCMP officer. They don't know he's gay. They don't know he's been bullied and abused.

But within minutes, students know he's there for them, especially in their darkest, most vulnerable moments, Milmine said.

He speaks to them through the spirits of Ontario's Jamie Hubley, Nova Scotia's Rehtaeh Parsons and British Columbia's Amanda Todd — all teen suicide victims mercilessly bullied by their peers before killing themselves. Todd died one year ago Thursday.

"I'm up there, just a guy named Tad," said the Surrey RCMP officer. "That's how I get introduced. While I'm speaking they don't even know I'm a police officer until about halfway through."

Milmine said he started talking to students across Canada last October, at about the same time the country was emotionally shaken by Todd's suicide.

The 15-year-old Grade 10 student from Port Coquitlam posted a video detailing her anguish over the sustained harassment she endured at school and on the Internet about images of her body posted online.

Milmine said he heard Todd's, Hubley's and Parsons's cries for help and decided to offer young people a safe, compassionate and non-judgmental place, creating his bullyingendshere.ca website, which promises to respond quickly to every youth message.

Milmine said whenever he visits a school he expects messages that night from 10 per cent to 25 per cent of the students.

THE CANADIAN PRESS

A compassionate ear

"The youth are responding by the thousands. I have so many emails, you'd be bawling, as I do when I'm reading these, thinking, 'Oh, my gosh, these are innocent kids.'" RCMP officer Tad Milmine, creator of bullyingendshere.ca

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Jail time urged for illegal B.C. dentist on the run

Contempt hearing. Lawyer for province's College of Dental Surgeons argues for criminal conviction

A B.C. man wanted on a Canada-wide arrest warrant and accused of "thumbing his nose" at the law by practising dentistry illegally and under unsanitary conditions should be imprisoned, a contempt hearing has heard.

Lawyer Brent Olthuis, representing B.C.'s College of Dental Surgeons, said Wednesday in B.C. Supreme Court that Tung Sheng Wu should be found in contempt of court for defying a 2003 injunction ordering him to stop practising dentistry in Metro Vancouver without a license.

Olthuis argued a criminal, rather than civil, contempt conviction and a four- to six-month jail term would be appropriate for Wu, given his "systematic regime" to flout the court order.

"So we have a defendant who is at least subjectively — not publicly — deliberately thumbing his nose at the court's authority for years, (starting) in 2003 until he stopped in spring of this year," said Olthuis.

A complaint led the dental college's investigators and RCMP to raid Wu's Burnaby clinic in May, where they found unsanitized dental supplies and equipment.

The college shut the clinic down, and the Fraser Health Authority urged Wu's patients to get tested for blood-borne viruses.

The health authority has contacted more than 450 people who say they were Wu's patients. So far, all preliminary test results have come back negative for infection, said spokeswoman Erin Labbe.

Wu was ordered to appear in court on contempt allegations in August but did not show up, prompting the dental college to apply for a nationwide warrant.

A search of Wu's car that month indicated he was planning to set up shop again, possibly in Toronto, the college said.

Wu remains at large, but college registrar Jerome Marburg said a jail sentence would send a message to those who practise dentistry across the country without a licence.

Cullen is expected to hand down a decision next Tuesday. THE CANADIAN PRESS

Tung Sheng Wu is accused of practising dentistry illegally. CONTRIBUTED

City 'bullish' in face of Pixar closure

Vancouver Mayor Gregor Robertson at the opening of Pixar Canada's office in Vancouver in April 2010. JEFF HODSON/METRO FILE

Three years ago, Mayor Gregor Robertson victoriously held up a figurine of Buzz Lightyear and announced the city had pulled off a major coup by getting the animation giant to open up shop in Vancouver.

On Wednesday, he expressed regret that "to infinity and beyond" came with an expiration date.

Pixar announced the closing of its Vancouver studio — responsible for making short films and promos using the studio's lovable big-screen characters — earlier this week and plans to lay off approximately 100 employees as it looks to centralize operations in California.

"It's disappointing to hear that Pixar is closing, and it's an important reminder to Vancouver and the province that we need to keep supporting job creating in Vancouver's fast-growing digital-media sector," Robertson told Metro in an email.

Despite the news, Robertson says he's "bullish" on the creative economy and pointed at Hootsuite's hiring for 100 new positions as an example of the industry's growth.

The Vancouver Economic Commission, which said it was "dismayed" about Pixar shutting down its Gastown office, was also unwilling to concede defeat.

"We're confident that those affected by this office closure will be able to find work and remain in Vancouver," the commission said in a statement.

While Pixar is closing, it said, studios like Artifex, Gener8, Nerdcops, Zoic, Scanline, Prime Focus and Sony Imageworks are currently hiring in Vancouver. MATT KIELTYKA/METRO

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Vancouver's investments in fossil fuels don't meet its greenest-city goals, council heard at city hall on Wednesday. METRO

Cash or ethics?

City pension fund.
Vancouver tries to follow UN principles of investing, but ensuring good return is also key

Vancouver must stop investing its pension funds in fossil fuels if it really wants to reign as the "greenest" city in the world.

That's what city council heard Wednesday from a group of policy analysts, professors, students and citizens who implored the city to do the "moral" thing and divest from companies such as Suncor, Chevron and Shell.

"It makes little sense for public-sector pension funds to profit from pipeline companies whose pipelines are not wanted by the people of this province," said Marc Lee, senior economist at the Canadian Centre for Policy Alternatives, referring to investments in Enbridge.

But that won't be easy, city staff explained as council voted to send them on a yearlong mission to develop an investment screening process.

While the city invests about $100 million annually into the provincewide Municipal Pension Plan (MPP), managed by the B.C. Investment Management Corporation (BCIMC), it has no control over where that money goes.

The BCIMC voluntarily follows the United Nations principles of responsible investing, meaning they also take governance, environmental and social issues into account.

But its No. 1 priority is to make the most possible cash out if its investments — an important goal, especially considering pension costs are set to soar once the baby boomers retire — hence the large number of natural-resource companies. (Mac lovers should note it also invests in Apple.)

In order to stop investing in tobacco, fossil fuel and weapons, the city would have to convince the BCIMC to pull the plug on these industries too. One speaker asked the city to cut investments from the mining sector, a proposition that could prove especially tense as Vancouver is home to dozens of mining head offices.

It's not clear whether it's legal, feasible or desirable, for Vancouver to invest its money separately from the BCIMC. Research has shown little difference between returns on "ethical" funds and ones without stipulations.

VanCity Credit Union pulled all investments in Enbridge Inc. in 2012, and San Francisco and Seattle are considering divesting from fossil fuels.

EMILY JACKSON/METRO

Earles Street

Elderly pedestrian hit by car in East Vancouver dies

A 72-year-old Vancouver woman has died after being hit by a car in East Vancouver on Monday.

A car driven by a 38-year-old man struck the woman while she crossed the street at Earles Street and Euclid Avenue around 6:30 a.m., according to police.

She was rushed to hospital where she passed away Tuesday night.

Speed and alcohol do not appear to be factors in the collision, which remains under investigation by the Vancouver police collision unit.

EMILY JACKSON/METRO

Point Grey. 60-year-old man chased, sexually assaulted woman, 22

A 60-year-old man has been charged with sexually assaulting a 22-year-old woman in Vancouver's Point Grey neighbourhood, after chasing her for several city blocks.

Vancouver police allege that Bogdan Murawski approached the woman as she walked along Alma Street near West 14th Avenue, then grabbed her and groped her.

She broke free but Murawski allegedly chased her all the way to Dunbar near 18th Avenue, where he again began to sexually assault her and ignored her pleas to stop, according to Const. Brian Montague.

"It went beyond a groping but not a full-on what we would consider rape," he said.

After the woman managed to fight him off again, the suspect fled.

Police conducted an extensive search of the area, but initially officers were unable to find a suspect.

Murawski was eventually identified after investigators in the Vancouver police's sex-crimes unit and other members canvassed the neighbourhood for witnesses and video.

He is scheduled to appear in Vancouver provincial court on Oct. 17.

KATE WEBB/METRO

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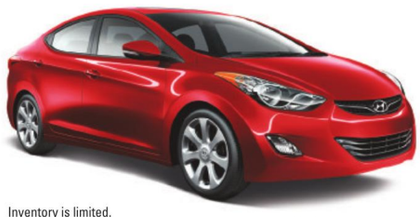

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Judge ridicules quest to punish census activist

In the name of justice?
89-year-old 'martyr in the making' is a public relations disaster for the prosecution, judge says

A Toronto judge lambasted the government Wednesday for its prosecution of an 89-year-old peace activist who refused to fill out the 2011 census, and found her not guilty.

Audrey Tobias admitted that she refused to fill out the basic personal information the census required because it was processed using software from U.S. military contractor Lockheed Martin.

But the judge noted there are two elements that the Crown must prove for a conviction: the act and the intent.

Tobias's testimony left Ontario Court Judge Ramez Khawly unsure whether she was accurately recalling her intent for refusing the census nearly 2 1/2 years ago, or if the passage of time has "dimmed her memory."

That left Khawly with reasonable doubt of Tobias's intent and he said he therefore must acquit her.

"Could they not have found a more palatable profile to prosecute as a test case?" Khawly said.

"Anyone in Justice who had not seen that coming should be ushered immediately into an introductory marketing course."

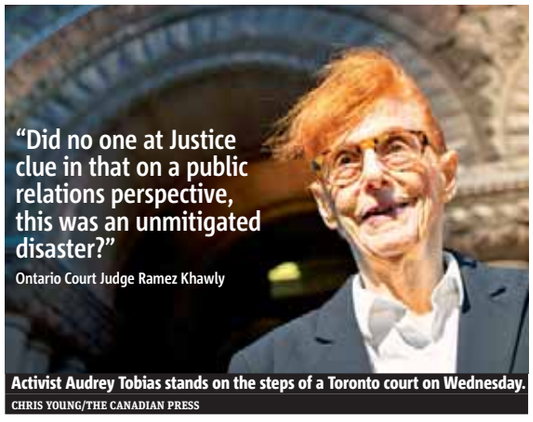
Tobias stood defiant on the courthouse steps, saying she was willing to be dragged off to jail if she had been found guilty.

Asked whether she had been afraid of the prospect, she shrugged. "I was curious," she said. "I wondered what it would be like."

Lawyer Peter Rosenthal, who represented Tobias, had argued that forcing her to complete the census would violate her freedoms of conscience and free expression.

Khawly rejected the Charter arguments he characterized as a "Hail Mary pass," but admitted he was briefly captivated by the "siren song of the defence."

THE CANADIAN PRESS


"Did no one at Justice clue in that on a public relations perspective, this was an unmitigated disaster?"
Ontario Court Judge Ramez Khawly

Activist Audrey Tobias stands on the steps of a Toronto court on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Mexican woman turned away from clinic, gives birth on lawn

Irma Lopez, 29, stands next to her newborn son Salvador at a clinic in the town of Jalapa de Diaz, Mexico, earlier this week. Mexican officials suspended a health centre director Wednesday after Lopez, an indigenous woman, was denied entry to his clinic and was forced to give birth on the lawn. A nurse kicked Lopez out of the clinic on Oct. 2, claiming she was "still not ready" and had to wait for a doctor. Lopez gave birth while grabbing the wall of a house next to the clinic. CHEMA ALVAREZ/THE ASSOCIATED PRESS

Haiti. Group sues UN over cholera outbreak

Human rights groups on Wednesday filed a lawsuit blaming the United Nations for a cholera outbreak that killed thousands of Haitians as lawyers seeking compensation for victims and clean water and sanitation for the Caribbean country stepped up efforts to force the world body to confront the tragedy.

The lawsuit in federal court in Manhattan sought class-action status to pursue relief for what it described as an epidemic that has killed more than 8,300 people, sickened more than 650,000 and continues to kill about 1,000 Haitians annually. It said the UN spread the disease when it contaminated Haiti's principal river with cholera-infected human waste beginning in October 2010.

"This lawsuit, we hope, will finally make the United Nations recognize their responsibility," attorney Ira Kurzban told a Manhattan news conference. "They owe the people of Haiti a public apology."

He accused the UN of "gross negligence and reckless conduct" for failing to adequately screen troops and treat human waste before raw sewage was discharged into waterways leading into the Artibonite River, Haiti's longest river and the primary water source for tens of thousands of people.

The lawsuit said the UN had "long known that Haiti's weak water and sanitation infrastructure created a heightened vulnerability to waterborne disease but failed to exercise due care to prevent the devastating outbreak."

THE ASSOCIATED PRESS

France. 2 more reporters held in Syria identified

France has revealed the existence of two more journalists taken hostage in Syria, after the prime minister identified them in a radio interview, apparently by mistake.

The disclosure that Nicolas Henin and Pierre Torres had been kidnapped while in Syria on June 22 brings to four the total of French journalists known to be held hostage in Syria.

The Foreign Ministry said Wednesday that Henin and Torres's capture was not disclosed until now out of respect of their families' wishes. However, in an interview on French radio Wednesday, Prime Minister Jean-Marc Ayrault named them for the first time while answering a question about two other kidnapped reporters.

THE ASSOCIATED PRESS

Nicolas Henin, left, and Pierre Torres CONTRIBUTED/THE ASSOCIATED PRESS

Get the cluck out!

French legislator fined for making chicken noises at female colleague

A French legislator was sanctioned Wednesday for clucking at a female colleague while she spoke in the National Assembly, the latest incident of catcalling in the French parliament.

The office of the Assembly's president said Philippe Le Ray of the UMP party will be fined about $1,700 US.

Le Ray clucked at Veronique Massonneau, an ecologist deputy, as she addressed the parliament late Tuesday. She pleaded, "That's enough.... I'm not a chicken!"

In French, "chicken" can be a derogatory term for a woman.

THE ASSOCIATED PRESS

Bosnia

Second mass grave site found

Bosnian authorities say they have found a second mass grave near one they have been working on and from which they have so far excavated the remains of about 130 Bosniaks and Croats killed during the 1992-95 war.

The prosecutor's office said Wednesday teams will now work on both graves and that according to available evidence, the bodies found so far belong to non-Serbs killed in and around the northwestern town of Prijedor in 1992.

Some 1,200 Bosniaks and Croats are still missing from the area of Prijedor.

THE ASSOCIATED PRESS

Tripoli

Prime minister of Libya kidnapped, official says

A government official says Libyan Prime Minister Ali Zeidan was kidnapped by gunmen from a hotel in Tripoli where he resides.

The abduction early Thursday comes amid anger among Libya's powerful Islamic militant groups over the U.S. special forces raid Saturday that seized a Libyan al-Qaida suspect, known as Abu Anas al-Libi.

Several groups accused the government of colluding in or allowing the raid, though the government denied having any prior knowledge of the operation.

Hours before the abduction, Zeidan met with al-Libi's family late Wednesday. THE ASSOCIATED PRESS

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Two Canadians in Egypt release video

'Ordeal's not over'. Still under 'active investigation,' only a judge can decide when they fly home

Two Canadians who remain trapped in Egypt after being released from jail have made their first appearance in an online video.

Filmmaker John Greyson and physician Tarek Loubani, who were detained for seven weeks in Cairo, appear healthy and upbeat as they speak in the 66-second video posted Wednesday to YouTube. Greyson said in the video that while the "ordeal's not over" it was time for the pair to say "hi" to those who supported them. It's not clear when Egypt will allow them to fly home. An official said the men remain under investigation, and it's up to a judge when they are free.

Greyson's sister Cecilia has blamed the holdup on unspecified bureaucratic glitches. She has said the men are currently in a safe location with consular officials.

THE CANADIAN PRESS

Quoted

"We're just getting the sense now of the incredible support that was there."

Filmmaker John Greyson, spoken in a video released on YouTube.

Filmmaker John Greyson and physician Tarek Loubani. YOUTUBE SCREEN GRAB

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Kuwait

Jail for insulting the emir

Kuwait newspapers say a court has sentenced an online activist to two years in jail for insulting the nation's ruler.

It is the first case since a blanket pardon for similar offences last summer. In the past two years, Kuwait has charged dozens of people for social media posts considered offensive to the emir. There are similar crackdowns elsewhere.

THE ASSOCIATED PRESS

Utica, N.Y.

Sounded like a puppy in distress

A frantic effort to save what was believed to be a puppy trapped in an upstate New York City's sewer system has a happy ending.

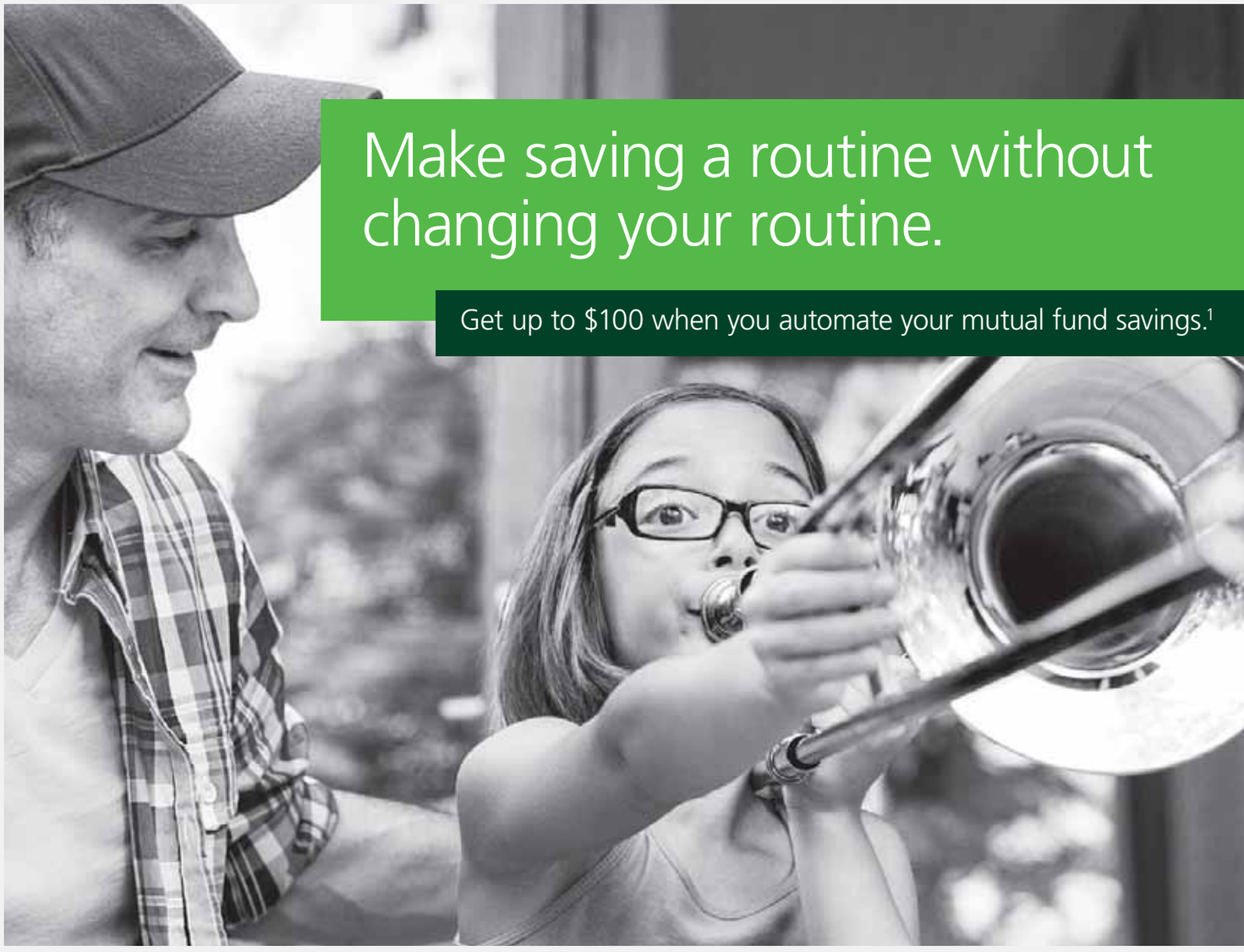
There was no trapped pup, just a sewer system that sounded like one.

Firefighters and utility employees joined the effort as crews used tools and a backhoe to dig a hole to gain access to a sewer.

THE ASSOCIATED PRESS

Russia & Holland in a spat

Maarten Huiskamp cuts a piece of Dutch cheese in De Kaaskamer store in Amsterdam, Wednesday. The Netherlands has apologized after a diplomatic spat over the arrest and detention of a Russian diplomat by police in The Hague, but relations between the countries are soured. Russian news agencies said that a delegation inspecting Dutch cheese facilities is not satisfied with the quality. THE ASSOCIATED PRESS



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Teen safety a 'like' for Facebook managers

A cry for help? There are some surefire ways the social media site can come to your aid

JESSICA SMITH
Metro in Toronto

Teens have a different Facebook than the rest of us.

Their profiles aren't searchable through Google, their default settings are more private and they only show up in Facebook's new Graph Search to their "friends of friends" network.

It's all about teen safety.

Facebook Canada invited reporters Wednesday to learn more about how the social network deals with that topic.

Facebook's manager of privacy and safety Nicky Jackson said the company chooses to give teens — kids are supposed to be at least 13 to be on the site — autonomy, in part because young people tend to go to Facebook to talk about things they can't tell their parents about, such as violence in their home or coming out as LGBT.

Facebook tries to give them a safe environment to communicate, she said.

Jackson explained the different ways a user can ask for help.

There are built-in mechanisms for reporting bullying to a trusted adult and to Facebook operators who can remove the bullying post.

And there are mechanisms for reporting crises such as suicide attempts to emergency services.

Teen safety and privacy has been a controversial subject for Facebook.

American advocacy groups have launched a complaint with the U.S. Federal Trade Commission, warning that children are vulnerable and "should not be subjected to the same range of sophisticated ad-targeting practices that Facebook imposes on adults."

Just recently ads for a dating site appeared on Facebook featuring the photos of Halifax teen Rehtaeh Parsons, who died by suicide after bullying and an alleged sexual assault.

The advertiser found Parsons' photos from a search engine and used them directly in the ad.

Facebook took down the ads and banned the advertiser, but didn't change its policies relating to approving ads, said Jackson.

Facebook wants to provide a safe environment for teens. CHRIS JACKSON/GETTY IMAGES

Quoted

"There's a lot of misunderstanding. And we get it — you want to understand how your image is being used."

Nicky Jackson, Facebook executive

Market Minute

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NOBEL PRIZE WINNERS SHOULD GET TO TWERK

HE SAYS

John Mazerolle
metronews.ca

I sometimes wish I lived in a world where Nobel Prize week was as popular as Shark Week.

Alas, I live here. So while I might be excited to see people take home Nobel Prizes in physics or medicine or chemistry, I know it won't get the public nearly so excited as footage of any of those people being eaten by a hammerhead.

I've considered the potential of some reality TV glitz — each prize presented by Miley Cyrus, say, licking the medal like it's chocolate wrapped in foil. Or the winners making public phone calls to childhood bullies so they can boast they've won a million dollars (as well as a large chocolate medallion and a chance to meet Hannah Montana.)

But, really, we shouldn't have to glitz it up at all. A Nobel Prize, after all, is one of the most respected awards in all of humankind, second only to The Daytime Emmy Awards. To illustrate, here's a timeline (of the Nobels, not the Emmys).

1888: Alfred Nobel, butler for reclusive billionaire Bruce Wayne and the inventor of dynamite, is shocked to read his own obituary in a French newspaper, which dubs Nobel "the merchant of death." In response, he creates the Nobel Prize so that he might be remembered more fondly, then has his critics blown up with dynamite.

1901: Wilhelm Conrad Rontgen becomes the first person to win a Nobel Prize for physics when he discovers X-rays, using the $1.2 million prize to buy a hundred years' worth of X-ray Glasses ads in the back of Archie comics.

1911: Marie Skłodowska-Curie wins a Nobel Prize for chemistry. The Curie family wins five Nobel Prizes in total, earning them the nickname "the Sutter family of the Nobel Prize world" among those who are huge fans of both the Nobel Prize and the NHL.

1953: Physicist Frederik Zernike wins for his invention of the phase contrast microscope, earning the scorn of his fellow physicists who had all made some pretty cool papier-mâché volcanoes that erupt when you add baking soda.

1965: The awards show institutes an annual memorial reel — showing all those who have died in science, for science and because of science — which runs about 11 days.

1973: Chemists Stanford Moore and William H. Stein win for their research showing that the Maxipad on the left soaks up far more blue liquid than the other guy's sanitary napkin on the right.

1992: The Nobel Prize for Swimsuit Competition is discontinued after complaints from women's groups that the winner is always Swedish.

2007: After years of snubs, Martin Scorsese finally wins a Nobel Prize for his physics work, which provided a mechanism to explain the typical blood spatter pattern on gangsters' pinstripe suits.

2009: U.S. President Barack Obama's selection as winner of the Nobel Peace Prize stirs controversy, especially after he declines the invitation to come to Oslo and has a drone pick it up on his behalf.

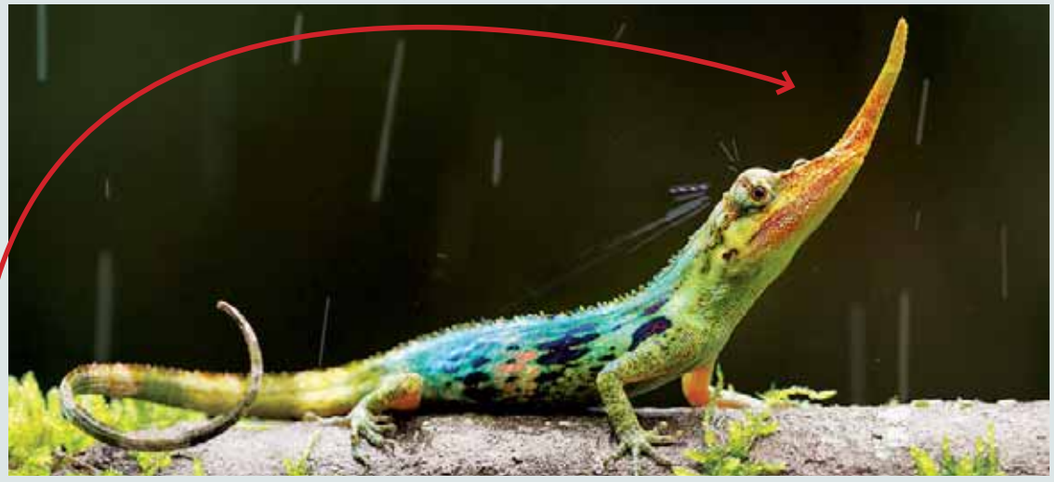
As you can see, the Nobels have a colourful and even controversial history that should get people just as excited as any version of Jaws, whether a great white's or Miley Cyrus's. The beauty of science and the nobility of the human spirit should be enough to attract eyeballs.

Or, what the hell, just get Robin Thicke and Miley Cyrus to host and call the damn thing the Nobelz, if more people will watch. The Discovery Channel used to be a science station, after all.

How's that for blurred lines?

ZOOM

You said they're extinct?



ALEJANDRO ARTEAGA/TROPICAL HERPING

Your nose is going to grow

Pinocchio lizard fools us by reappearing

It's no tall tale that the aptly named Pinocchio lizard — once thought to be extinct — has been caught on camera in Ecuador. The Anolis Pinocchio has only been sighted on three occasions since 2005.

After a three-year search, a team of photographers and researchers found the creature. METRO

Once thought to be a 'mythological creature'

"Finding the Pinocchio anole was like discovering a secret, a deeply held secret," said photographer Alejandro Arteaga. "We conceived it for years to be a mythological creature."

It was first discovered in 1953 but disappeared for forty years, only to be rediscovered in 2005 by birdwatchers. METRO

The nose knows

- The lizard was named after the children's character Pinocchio.
- It was found in the cloud-forest of Mindo, Ecuador.
- Its nose is incredibly flexible and it's not believed to be used for mating or battling rival males. But, its exact purpose is not known.

Where to find Pinocchio

1,530

The height in metres above seal level that the Pinocchio anole lives.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's a long weekend coming up, which means you might find yourself doing a little travelling. So please a) stay safe and b) check out these games you can carry in your pocket to help while away the hours.

CONTRIBUTED

Naughty Bricks :

If the similarity between this title and another massively successful app starring cartoons with an unpleasant disposition raises your eyebrow, said eyebrow has a point. While Bricks isn't an Angry Birds clone, per se, it's close enough — giving you one physics-based shot at flinging the sun into a cluster of wisecracking bricks that are heading toward Earth. (iOS, Android/$1.99)

The Cave:

More than just the titular location, The Cave is also the titular character narrating a puzzle-solving adventure game from the creator of the Monkey Island series. The setting can be dark but beautifully clever writing — especially the snarky Cave narrator — should keep you smirking as you deal with monsters and hazards. The small screen can make for problematic controls, but we're used to that by now. (iOS/$4.99)

X-Type:

We're fudging a bit here, since this isn't an app art all. Instead, simply plug photoslab.org/xtype into your browser and you'll be served up with a twin-stick space shooter. So blast as many menacing space threats as possible while this is still fresh, because it's your only chance to get on the leaderboard before the hardcore shows up.

Comments

RE: Hockey Canada Unveils Olympic Hockey Jerseys, published Oct. 8

How about not trying to fix what's not broken?

A slight alteration I can live with, but this is just lazy and ugly.

Probably designed by the same people that thought those yellow jerseys were a good idea ... The red and white ones look like novelty jerseys I would buy at Petro Canada with my gas points. The black one looks like a sweatshirt I'd buy at Roots. They dropped the ball (or puck) with these.

Chris posted to metronews.ca

Nice practice jerseys! Did hockey Canada run out of money for real ones?

DaN posted to metronews.ca

The first thing I thought of when I looked at the picture was, Petro Canada is going to love this!

GW posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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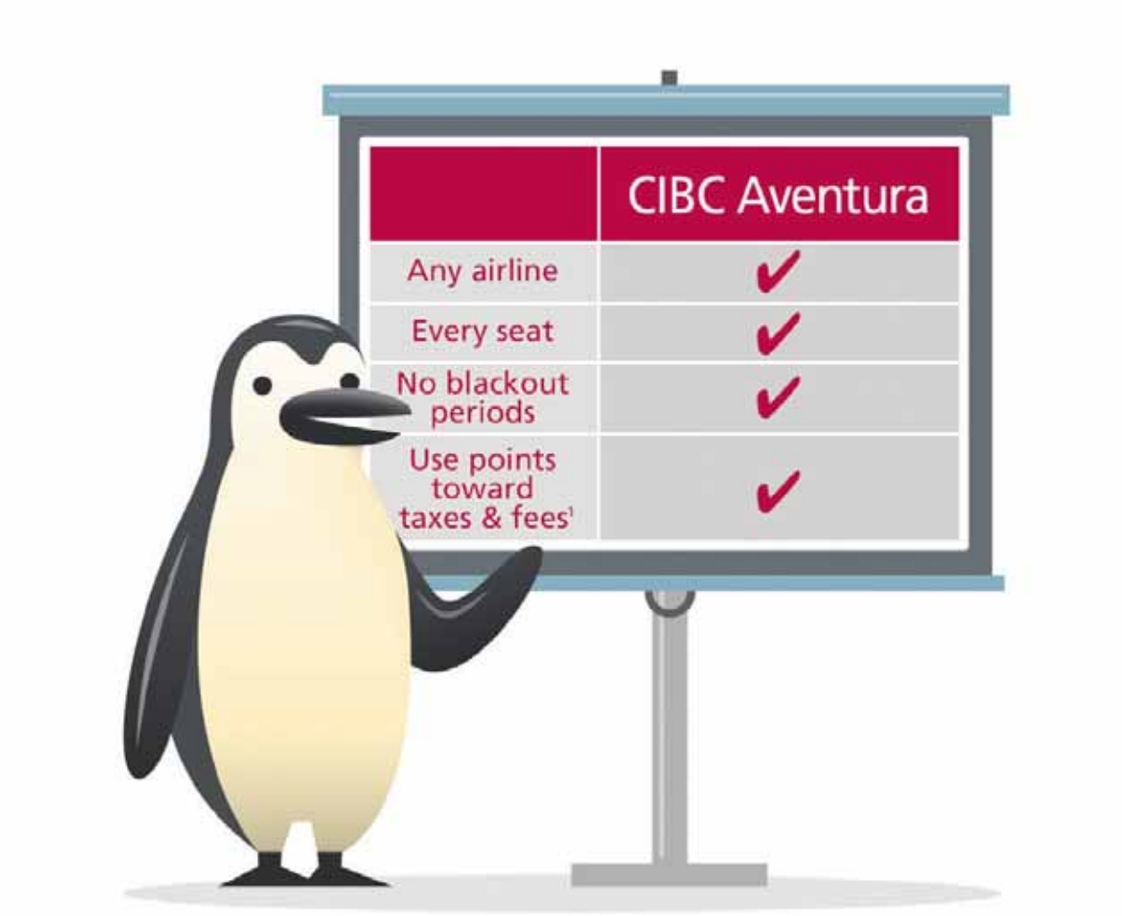

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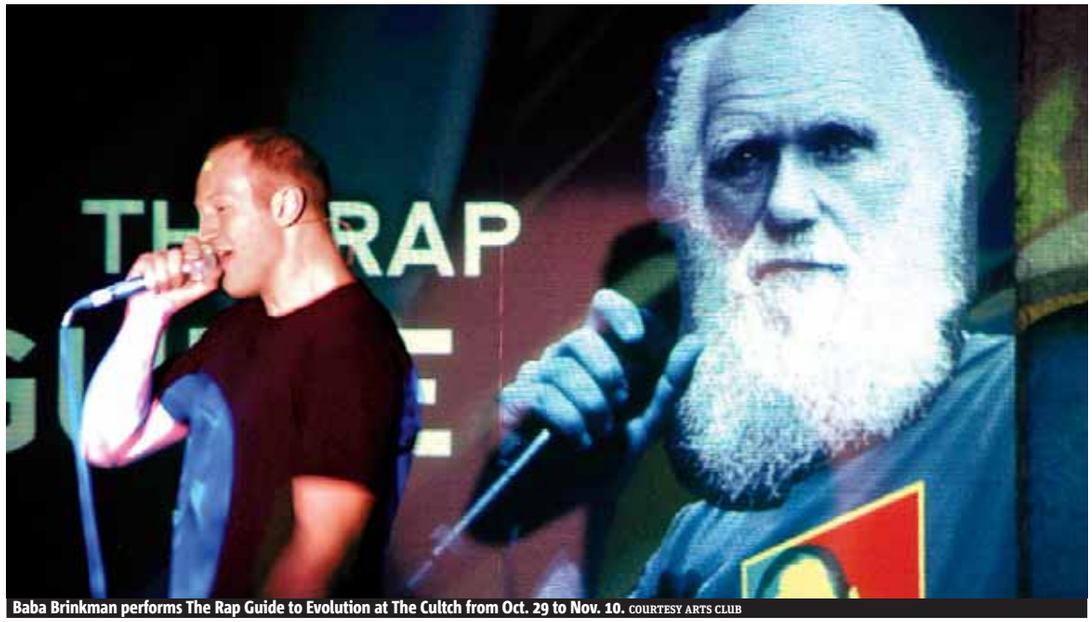
This guy's dropping so much science it's peer-reviewed

Baba Brinkman. If you liked the Rap Canterbury Tales Remixed, you'll love the Rap Guide to Evolution

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca



Baba Brinkman performs The Rap Guide to Evolution at The Cultch from Oct. 29 to Nov. 10. COURTESY ARTS CLUB

There's so little variety in today's rap. Sadly, it seems the genre, which once served as fertile ground for sharp socio-economic and political commentary, has devolved into a misogynistic playground for dudes who'd rather drink than think.

Then again, rap, like life, marches to its own beat. It's survival of the fittest. Adaptation. Only the strong survive.

Still, one wonders: why aren't today's rappers tackling the big issues? Why ain't they rhymin' about ... say ... the building blocks of life?

Why isn't anyone rapping about evolution?

Enter Baba Brinkman's The Rap Guide to Evolution.

Brinkman describes his new show as "a new species of theatre — part TED Talk, part stand-up comedy, part rap concert — that makes vivid the all-pervasiveness of Darwin's theory of evolution by natural selection: how it works, what it explains, and how it can inform and enrich our daily lives. It's also the world's first 'peer-reviewed' rap, forged in the fire of rigorous fact-checking.

"Many rappers have swagger, but few are backed by an army of scientists ready to point out the original research behind the show's seemingly bizarre premises.

"It's the only place you'll see white people shouting 'I'm an African!' at the top of their lungs, and the only place you'll see homicide and teen pregnancy statistics turned into comedy gold through the application of evolutionary psychology."

As Darwin might say: it's about time, yo!

"In addition to exploring Darwinian evolution, I also speak to the evolution of hip-hop ... combining two passions of mine. My hope for the piece is that it will stimulate another evolution; that audiences will see it and find a different way of looking at both nature and culture."

The local artist isn't new to pairing wits and bits. He's the brain behind the internationally lauded the Rap Canterbury Tales, which blew up at the Edinburgh Festival and had a successful off-Broadway run in 2011.

He's funny, thought-provoking and totally scientific. Darwin's beard would approve.

The Rap Guide to Evolution goes down from Oct. 29 to Nov. 10 at the Historic Theatre at the Cultch. Tickets starts at $18. More information at TheCultch.com.

Indigo bestsellers

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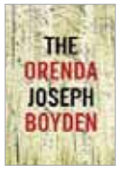
1. DOCTOR SLEEP Stephen King

Haunted by the inhabitants of the Overlook Hotel where he spent one horrific childhood winter, an adult Danny Torrance has now become Doctor Sleep – and finds himself being pulled into an epic war between good and evil.

Last Week: 1 / Weeks on List: 3



2. THE ORENDA Joseph Boyden

Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.

Last Week: 2 / Weeks on List: 5

This Week		Last Week	Weeks on List
3.	THE LONGEST RIDE Nicholas Sparks	3	4
4.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	6	6
5.	THE SILENT WIFE A.S.A Harrison	4	7
6.	MADDADDAM Margaret Atwood	7	7
7.	GRAIN BRAIN David Perlmutter	5	4
8.	KILLING JESUS Bill O'Reilly	14	3
9.	GONE James Patterson	19	2
10.	STEVE JOBS Walter Isaacson	8	5
11.	THE CASUAL VACANCY J.K. Rowling	10	12
12.	INFERNO Dan Brown	11	20
13.	BREAK OUT! Joel Osteen	17	2
14.	THE SIGNATURE OF ALL THINGS Elizabeth Gilbert	20	2
15.	ONE SUMMER Bill Bryson	18	2
16.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	12	4
17.	BLOOD Lawrence Hill	15	2
★ 18.	THE CIRCLE Dave Eggers	-	1
★ 19.	A NATION WORTH RANTING ABOUT Rick Mercer	-	1
★ 20.	MY STORY Elizabeth Smart	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending October 14th

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Writer can't get enough of the star-cross'd lovers

Romeo and Juliet. Julian Fellowes says he's fascinated by young, pure love — the kind that takes over your life

NED EHRBAR
Metro World News in Hollywood

Romeo and Juliet opens Friday. CONTRIBUTED

Between what he's put the couples through on Downton Abbey and now taking on Romeo and Juliet, you'd be forgiven for assuming writer Julian Fellowes is more than a little obsessed with doomed, tragic love. And he'd admit you're onto something — but it's not his fault, he swears.

"This whole business of love ending in death, I grew up on it," he says.

"I mean, you remember those songs — Tell Laura I Love Her and Leader of the Pack and Terry — they were all ending up with the guy dying on the motorbike or being smashed in the car race or whatever. And that was really my adolescent culture. So in a way I got there before Twilight."

But early exposure to pop music aside, Fellowes insists he's just giving audiences what they really, really want.

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing — perhaps because it's a sort of ideal that most of us don't live up to," he says of the enduring appeal of Shakespeare's romantic tragedy.

"There is a moment in some incredibly unhappy pursuit where most of us think, 'Oh, the hell with it' and then we just go home. But what we love about these lovers is that they don't think that.

"They go all the way and in the end they would rather die than be apart. It somehow chimes with the memory of first love and early love, which we've all been through."

And when he says "we all," he's including himself in that equation.

"These stories — and Romeo more than any other — take us back into that emotion," he says.

"And I suppose I respond to that as much as anyone else does, really. Odd as it may seem looking at this porky old fellow, bald and fat, once inside there was a lover."

That does leave one nagging question, though: With so many previous adaptations of the Bard's love story — and especially with Franco Zeffirelli's definitive 1968 edition and Baz Luhrmann's more experimental 1996 entry — why does the world need yet another?

"There are certain stories that won't die, and they just continually get reinvented," Fellowes explains.

"Sometimes (Romeo and Juliet has) been turned into modern musicals about the back streets of New York or it's been made modern and set in an ice rink or it's in an underground garage or everyone's in Nazi uniforms.

"But the point is we keep going back to it. And I think the reason we go back to it is that it touches something at our very core.

"And that's why it seemed right to give this generation their own Romeo and Juliet and not constantly get out a fuzzy VHS of Zeffirelli's."

Wherefore art thou Romeo?

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing..."

Julian Fellowes on the enduring appeal of Romeo and Juliet

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Machete Kills — starring Carlos Estevez (a.k.a Charlie Sheen) as "the President" — opens Friday. CONTRIBUTED

And Charlie Sheen as the president of the United States

Machete Kills.
Actor claims he beat Sarah Palin in the polls and that he's a lot more entertaining than his dad's West Wing president

NED EHRBAR
Metro World News in Hollywood

Charlie Sheen gives a very unique take on the President of the United States in Machete Kills, a version really only he could do. But how does his Commander-in-Chief — dubbed simply "the President" — stack up against his dad Martin Sheen's West Wing character, President Bartlett?

"I am the more interesting president, yeah," the younger Sheen offers. "I will have your vote after (you see) the movie."

While he freely cops to the fact that his dad has him beat in the gravitas department, Sheen has a few tricks up his sleeve.

"I wouldn't have all the data, all the facts that he does about world history and all that crap, but I understand the human condition, you know?" Sheen says.

"There was a time during that crazy tour when I had Palin beat by a couple of points in a legitimate poll and it was only two behind Barry Soetoro — I am sorry Barack Obama."

So what is it about Sheen's stint as leader of the free world that makes it so much more interesting than seven seasons of Aaron Sorkin-scripted dialogue?

"In one day in the Oval Office I slept with three women, pulled out a machine gun, drank, smoked and swore," he offers.

"In seven years Dad didn't do any of that, you know?"

But don't go looking for Sheen's name in the credits of Machete Kills, since he goes by his birth name of Carlos Estevez for the film. The reason for that, it turns out, is that he wanted to get the coveted final credit slot with "and Charlie Sheen as the President" during the opening credits.

"But that was already given to Mel Gibson and I thought, 'He's got a couple of Oscars, he wins,'" Sheen explains.

"Plus I like Mel a lot. He is a terrific guy when he isn't drinking and driving — sorry, Mel."

Luckily, another solution presented itself.

"Since it's a Robert Rodriguez film, let's go with this whole Latin thing and that's where we went: 'and introducing Carlos Estevez as the President,'" he says.

"Of course the media is like, 'He changed his name, oh my God!'" It's always something.

A job well done?

"In one day in the Oval Office I slept with three women, pulled out a machine gun, drank, smoked and swore. In seven years Dad didn't do any of that, you know?"

Charlie Sheen comparing his role as president of the United States in Machete Kills to his father Martin Sheen's turn as prez in the West Wing.

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Bad boy rocker trashes plastic bottle.

Kurt Kendrixx, lead singer of the band *Brütal Düdes*, tossed a plastic bottle in the trash.

During a recent tour stop in Vancouver, Kurt Kendrixx failed to recycle a plastic bottle. The bottle spoke out about the incident yesterday, saying "He totally treated me like garbage."

Members of the band say that while they've come to expect wild antics from their singer, this time he went too far. It remains to be seen if the band will finish the rest of their world tour.

Once again this goes to show that every bottle you don't recycle says something about you. ***So always return your plastic bottles for recycling.***

– return-it.ca

"He totally treated me like garbage."

– Plastic Bottle

The bottle was carelessly tossed in this garbage can backstage.

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Telling her own American stories

Interview. Star of the American Horror Story talks about the new season, on screen success and her upcoming book

Actress Jessica Lange has written a new book. GETTY IMAGES

Screen legend Jessica Lange says the secret to her longevity in Hollywood is simply trusting her instincts.

"As you can tell from looking at my career, there was no plan!" the 64-year-old said with a hearty laugh. "It's never setting out with a goal in mind or project or whatever. It's what kind of captures my imagination in the moment."

Lange's gut feeling recently led her to a new path as a children's book author. It's About a Little Bird follows two young sisters who discover an antique birdcage at their grandmothers' farm.

"It felt natural and organic and simple and kind of charmed," Lange said of creating the picture book based on her real-life experiences and featuring photographs she took and tinted by hand.

In a recent interview the two-time Academy Award winner discussed the book and the new season of her not-so-kid-friendly FX series American Horror Story: Coven, which premiered last night.

Last question

What does success mean to you at this point in your career?

- **Quote.** Box office success has never meant anything. I've never been so-called "box office." I mean I couldn't get a film made if I paid for it myself. So I'm not "box office" and never have been and that's never entered into my kind of mind set here. ... It is the kind of acknowledgment by other actors, really. That's really what is most meaningful.

How did you go about writing It's About a Little Bird?
I didn't do it in that kind of deliberate way. It wasn't something that I had determined to do. It started really because I'm a photographer and I shoot black-and-white film. So that's kind of how it started, working on some of my own black-and-white imagery and hand-tinting them. ... And then one morning I woke up, I was up at my farm at upstate New York and I woke up and this story just kind of came to me.

Do your granddaughters get to see much of your work?
Well, obviously there's a lot they can't see, you know. I don't want them to see Frances or to see, you know, Blue Sky. There's a lot that they'll see when they get older. ... I remember years ago when I won the Emmy for Grey Gardens, which they hadn't seen, but they had seen a picture of me as like Edith Beale, which I'm sure was very confusing.

But my daughter, in the morning when they woke up, showed them a little clip of me winning the Emmy and my speech and she told me later that day that my youngest granddaughter went to school and they asked if anybody had anything to share and she stood up and she said "my grandmother won a big prize!"

How did Ryan Murphy get you on board for three seasons of American Horror Story?
He called me up out of the blue — I had never met him — and started talking. And I just thought "wow, he's got quite a spiel here. This is really something." I haven't been kind of seduced like this in a long time. And you know he has a kind of uncanny intelligence about this, a talent, genius in a way and it became something really fascinating. ... He keeps kind of dangling that carrot out there. It's hard to say no.

What can you tell us about your new Coven character Fiona Goode?
It's a woman who has ... all the powers in the world, and again I think it's a metaphor for a lot of different things, and who misuses it for the most selfish, self-serving purposes.

THE ASSOCIATED PRESS

James Wolk is a Lone Star no longer

New show. Mad Men's James Wolk holds his own with Robin Williams, Sarah Michelle Gellar on CBS' The Crazy Ones

James Wolk. GETTY IMAGES

A funny thing happened during season six of Mad Men.

Conspiracy theories began popping up online about actor James Wolk's extremely agreeable character Bob Benson. Some wondered, was he Don Draper's long, lost, secret son? Surely he must be hiding something! He was just so helpful and perfect-looking.

Before Mad Men, however, Wolk caught the attention of TV journalists in 2010 as the star of the buzzy Fox drama Lone Star about a Texas con man living a double life. It was hyped as one of the best new shows that season but was cancelled after two low-rated episodes.

"(It was a) crazy experience when that happened," said Wolk in an interview at this year's Television Critics Association summer press tour.

He has since continued working steadily in TV on series like Mad Men, Political Animals and Happy Endings.

Now the 28-year-old Farmington Hills, Mich., native is holding his own with Robin Williams and Sarah Michelle Gellar on City's comedy The Crazy Ones, airing Thursdays

On The Crazy Ones, Williams plays an advertising executive working with his daughter, played by Gellar. Wolk plays Zach, one of the ad execs at the firm who the actor describes as "kind of a lothario" and someone who is an "adrenaline junkie" who "loves to pitch."

In the premiere episode, Williams and Wolk's characters try to persuade Kelly Clarkson to sing a jingle for McDonald's. The scene has Robin Williams amped to his zany self, but what stands out is that Wolk is right there with him.

"First of all, James Wolk is a star," Gellar says of working with Wolk. "Like I said to Robin, 'It's great that you're Robin Williams and you're great and you're funny, but Jimmy Wolk is stealing this entire show from you. Like, watch out." THE ASSOCIATED PRESS

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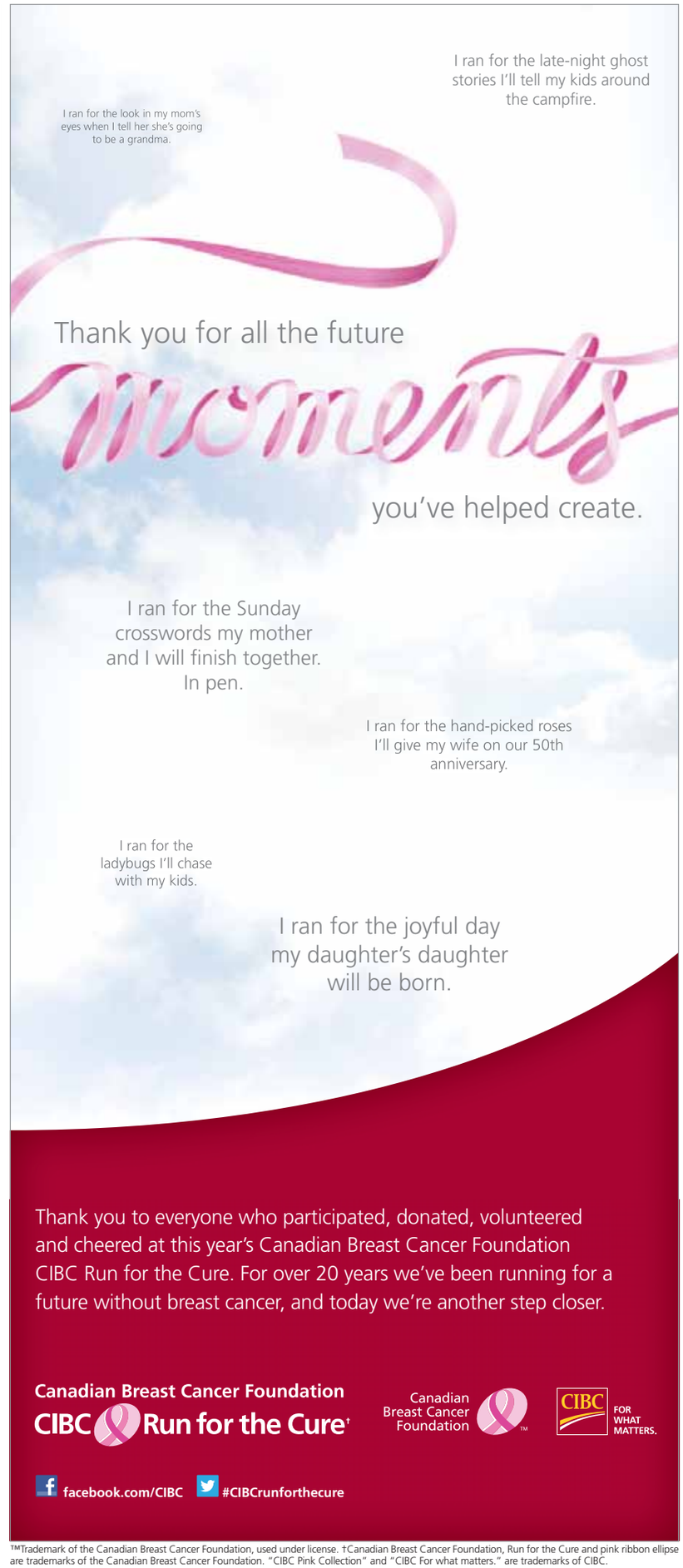
I ran for the late-night ghost stories I'll tell my kids around the campfire.
I ran for the look in my mom's eyes when I tell her she's going to be a grandma.
Thank you for all the future
moments
you've helped create.
I ran for the Sunday crosswords my mother and I will finish together. In pen.
I ran for the hand-picked roses I'll give my wife on our 50th anniversary.
I ran for the ladybugs I'll chase with my kids.
I ran for the joyful day my daughter's daughter will be born.
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Sinead O'Connor. ALL PHOTOS GETTY IMAGES

Sinead writes another letter, now the Wrecking Ball's in Miley's court

After Sinead O'Connor's third open letter to Miley Cyrus, the Wrecking Ball singer dismissed the Irish entertainer with, "You can write as many open letters as you want."

Well, be careful what you wish for. O'Connor has released her fourth open letter to Cyrus.

"You've said on Matt Lauer's show — where you again refer to me as 'crazy' — that you don't understand why I have been upset with you. I find that hard to understand, frankly, since you're clearly very far from being a stupid woman," O'Connor writes.

"I would very much like you please to apologize to myself and Amanda Bynes for having perpetuated abuse of both of us. … I'd find it hard to believe someone so young could be that calculatedly evil to anyone, never mind someone who did absolutely nothing to deserve such abuse. I have no interest in the 'feud' which media want."

I guess the Wrecking Ball's in your court, Miley.

Swift and Mayer in same place at same time, world doesn't explode

It really is a small world after all. Taylor Swift risked a run-in with ex-boyfriend John Mayer recently when she visited Disney Land with some pals, since Mayer happened to be at the amusement park the same day with Katy Perry, according to E! News.

Luckily the two groups didn't cross paths while in the Magic Kingdom.

Taylor Swift

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Wait, so Bow Wow doesn't want to marry me?

THE WORD
Melinda Taub
scene@metronews.ca

The American economy has gone to crap. Their government can't function. Global warming is going to destroy us all.

But look on the bright side. At least we live in an era when catfishing exists.

I realize that is a terribly callous thing to say. Being catfished no doubt feels awful. I don't care. This makes me really happy.

So here's the deal. On this week's Catfish, an astute young woman named Keyonnah began an online relationship with rapper Bow Wow. He refused to video chat with her, but they exchanged text messages and he sent her $10,000 in gifts. But — shocker — the man who refused to meet her in person was actually not a famous rapper, but a woman named Dee who liked to lure straight chicks using Bow Wow's likeness because she "liked a challenge."

The best part of this, however, is that Bow Wow himself is super into it.

"I feel honoured," he said in a reaction video posted by his BET show 106 & Park. "It's dope and it's fly when someone wants to be you. And not only they wanna be you, in their mind they are you. That's crazy. But I like it. It's free promo for myself."

Bow Wow went on to invite both Dee and Keyonnah to come hang out with him, which is probably a much happier ending than catfishings usually have.

Daniel Radcliffe

His wand is out again — you're right Daniel, these headlines are easy

Daniel Radcliffe is not surprised about the reaction his steamy same-sex love scene in Kill Your Darlings is getting.

"It's quite an easy headline, I guess particularly for British papers. There's a lot of jokes to be made," he tells Katie Couric in an interview. But he does think it's a bit out of proportion considering his previous work.

"There was full-frontal nudity" in the stage production of Equus, he points out, "and I played a boy who had a sort of sexual-religious fascination with a horse. So the fact that this is getting more attention, it's kind of interesting."

Owen Wilson

Wilson to father his trainer's baby

Owen Wilson is reportedly becoming a father for the second time — but this time with his personal trainer, who recently filed for divorce, according to the National Enquirer.

Trainer Caroline Lindqvist has reportedly been separated from her husband, plastic surgeon Ritu Chopra, for more than a year but did not file for divorce until learning she was carrying Wilson's child.

"Caroline broke the news to Owen this past May shortly after confirming that he was the father," a source says. "A few days later she filed for divorce from her husband."

The baby is said to be due in January.

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Lost outside the fashion loop?

Let's give you something to talk about. From leaked looks to high-profile hissy fits, we've got you covered for behind-the-catwalk conversation starters

ALICE TATE
Metro World News

Rihanna's second collection for River Island has shone bright like a diamond since Sept. 12. CONTRIBUTED

Kanye's ignited a feud with everyone else. Why not include the fashion industry? CONTRIBUTED

A handful of style editors got to know each other a little better after getting stuck in an elevator post-Philosophy show. CONTRIBUTED

The shows, the parties, the running in heels — we know fashion month is a crazy one. If you're anything like us, you're now a good few weeks behind on industry gossip, mile deep in emails, and are quickly losing your rep as the most clued in employee on your floor, right?

Saving you the trouble of calling in a backlog of glossies, or trawling Google for days, we've rounded up the biggest, buzziest news blasts you might have missed over the month that was, for you to scroll, study, and slip flawlessly into conversation. There, reputation saved.

Sept. 6
Alexa Chung launches her book, It
Our favourite clothes horse and It-girl released her first book, aptly titled, It. A new day, a new line on the CV, right Alexa?

Sept. 10
Givenchy launches app
The Italian luxury label is getting down with the kids and going all techy on us. Givenchy unveiled their new app, which gives us all a deeper insight into the brand, its values, and ahem, its stellar e-commerce abilities.

Sept. 11
Editors had to climb out of an elevator after the Philosophy show
First they ran to get to the show on time, and then 50 intrepid editors had to climb out of the elevator after it got stuck between floors. Who knew New York Fashion Week was such a workout?

Sept. 12
Rihanna's second collection for River Island dropped
The singer, who can't help but make news, made more during New York Fashion Week. Her second collection for River Island dropped. Celebrating in true RiRi style, the singer hosted a bash with party pal Cara Delevingne in tow.

Sept. 18
Net-A-Porter launch ethical collection
The luxury retailer's Green Carpet Challenge gave your favourite British designers (Burberry, Christopher Kane, Victoria Beckham, and so on) the task of creating a "green" dress, of which profits were donated to The Global Fund to help fight malaria. For us, it means we can buy designer wares and be kind to the world. Thanks, Net-A-Porter.

Sept. 19
Kate Moss says yes to Playboy
After years of "will she or won't she" speculation, the final decision is … she will. Yup, Mrs. Moss will grace the cover of the iconic men's magazine for her 40th birthday, and the magazine's 60th anniversary. Some get presents, others get nude.

Sept. 25
Kanye West shouted off about fashion
Controversy and Kanye go hand in hand. During Paris Fashion Week, the rapper took to the Radio1 airwaves to voice his frustrations with fashion, specifically Hedi Slimane. And he didn't hold back.

It's been a long time coming, but Kate's finally ready to strike a Playboy pose. CONTRIBUTED

Sept. 25
Isabel Marant X H&M look-book Leaked
Great news for us, bad news for H&M. A sneaky mole leaked the much-anticipated Isabel Marant X H&M lookbook, giving us a tease of what we can expect when it hits shelves on Nov. 14. As anticipated, there's fringing, skinny jeans and oversized slouchy cardigans.

Sept. 25
Sofia Coppola decorated the windows at Bon Marché
In case you needed an excuse to love Sofia Coppola even more, here's one: she jazzed up the windows of Parisian department store, Bon Marché with oodles of Louis Vuitton. Did she do a good job? We'll let the adorable Bambi leaping through neon love hearts holding a mini LV speak for itself.

Sept. 26
Louis Vuitton tapped David Bowie for coming campaign
Ziggy Stardust fans, get excited. The luxury French brand tapped the iconic '80s star for their second instalment of the L'Invitation au Voyage campaign.

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The art of hanging pictures

Wonder walls. Part 3 of a series on living room decor will help you get a handle on framing and hanging artwork

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-part series, we're serving up some lessons to help get your living room looking fabulous just in time for upcoming holiday parties. This week we'll cover how to avoid getting hung up on artwork. Knowing the rules will help you create beautiful living room walls.

Hanging

• If you're hanging art over a large piece of furniture such as a sofa or low cabinet, fill a distance two-thirds the width of the furniture with art, and hang the art 10 to 16 inches from the top of the furniture.
• When hanging art on a wall that has no furniture in front of it, the middle of the art should be 66 to 72 inches from the floor.
• The lower you hang your artwork, the higher your ceilings will appear — a great trick in a room with standard eight-foot ceilings.
• Always hang art in relationship to the floor, not the height of your ceilings. Higher ceilings don't mean you hang your artwork higher.

Arranging

• Many little pieces of art can be grouped together to create the effect of a large piece of art.
• When grouping pieces to fill a wall, start by placing the largest piece in the middle and work outward to the smallest.
• A grouping of art scattered down a hallway can act as lighting if each piece has a picture light hung over it.

Part 4

Next week: Choosing the right accessories for the living room.

Style

• If you're framing a variety of art so it coordinates in a room, use frames with similar colours or tones. Not all the frames have to be the same style, but they should share similar finishes such as gold, dark wood, white and so on.
• Mixing styles of artwork is a nice way to create an eclectic balance. Use the two-thirds-one-third rule — that is, use two-thirds of your preferred style, one-third of an alternative style.
• Not sure what type of art will look nice in your living room? Look at the style of your area rug; if the colours are rich then an oil painting might match nicely. If your area rug has a modern, monochromatic style then black and white photo art will match well.

Cost

• Art is very subjective; an inherited portrait of grandma could be digitally revamped into something Warhol-esque and cost you virtually nothing.
• The best sources for great art on the cheap? Estate sales, art fairs, art school yearly sales and pieces you make yourself.
• A good piece of art should cost twice as much as your sofa — a guideline that will help when budgeting your decor for the living room.

The size of art should measure about two-thirds the width of the furniture it sits above. COURTESY CRATE & BARREL

Many small pieces of art grouped together can be a great alternative to one large piece. COURTESY CRATE & BARREL

Mirrors can not only reflect light and open up a room visually, they can also replace artwork as sculptural wall decor. Constellation Mirror, $249, UrbanBarn.com.
COURTESY URBAN BARN

Art can help create a unique focal point for a room. Paris Window View Tapestry, $59 US, urbanoutfitters.com. COURTESY URBANOUTFITTERS

Home cleaning

Back away from that paper towel

When is it a good idea to use paper towel for cleaning?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Many of us seem to think that using the almighty paper towel on each and every surface in our homes is a good plan. Well, I'm here to tell you that assumption is wrong.

It's not that I'm trying to knock the stuff — my father uses enough of it to single-handedly keep all the manufacturers in business, and yes, I even have some on my own kitchen counter. But there's a time and a place for everything.

So let's start with instances when paper towel should not be used for cleaning. It's rather simple — delicate surfaces such as computer screens, eyeglasses, Plexiglas, old vinyl records, fine wood and fabric surfaces such as suede should not get the paper-towel treatment.

Generally, if an item scratches easily, that's a clue you should be using something else for the job. For the surfaces I've just listed, I would use either a microfibre or 100 per cent cotton cloth.

Still, paper towel is great for tackling many things such as drying chicken just before you cook it, keeping washed lettuce crisp in the refrigerator, wiping up pet accidents so they can be discarded safely or disinfecting surfaces such as the toilet. For such tasks, paper towel really is a great solution.

Quoted

Generally, if an item scratches easily, that's a clue you should be using something else for the job.

Paper towel may be a modern convenience, but as Charles warns, it shouldn't be used to clean any and all surfaces. ISTOCK

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Modern kitchens get a history lesson

Renovation trends. Homeowners look to designs of the past for inspiration, and Mad Men-era style is at the top of their wish list

Kitchens are a unique space in a home in that they serve both a function as well as a space to entertain. And with advances in home design, kitchens also can serve as art pieces.

Max Huxley, owner and head contractor of Victoria's Maximilian Huxley Construction Ltd., transforms a lot of spaces through home renovations and recently won a 2013 gold CARE award for the open-concept kitchen at Marine View.

"It was a house built in the '80s with very compartmentalized rooms, as they were back then," said Huxley.

"There were these beautiful views, so we opened up the whole house so all the principal rooms have a view, which meant we had to have a completely open plan."

An open plan meant considering the esthetic appeal of the kitchen. Huxley incorporated a contemporary concept for the space, including a unique backsplash that features the spectacular ocean views.

Creating distinct spaces without closing the rooms off was necessary in the design and layout of the kitchen.

"With the kitchen we created two islands," said Huxley. "One was a buffet-style island that separated the dining area from the kitchen, but serves as a functional space but also an art piece that is all walnut. The island itself is between there and the main counter."

Even though each home owner has his or her own requests for their kitchen, Huxley said a few items have become staples in a modern kitchen.

According to Huxley, 10 years ago solid-surface countertops like granite or cultured stone were considered a luxury, but now they are standard in most kitchens.

"You don't hear of anything else anymore," he said. "Everyone feels they have to do it for resale. Even people doing lower-end places are finding it hard because they need that element in their renovations to make it a standard product and that is a significant cost."

The Mad Men trend

"Everyone wants a Don Draper kitchen. Even my elderly clients who would normally be drawn to a traditional, soft design are really interested in a flat, slab look and the mixing of paints with warm wood tones."

Lindsay Gilmour, certified chef and kitchen designer with Victoria's Urbana Kitchens

This kitchen by Victoria contractor Max Huxley is part of an award-winning renovation project called Marine View. COURTESY MAX HUXLEY/THE CANADIAN PRESS

While many appliances and elements of the kitchen have modernized, Lindsay Gilmour, certified chef and kitchen designer with Victoria's Urbana Kitchens, said there are homeowners who are looking to designs of the past for inspiration.

Fans of Mad Men, for example, want to incorporate mid-century design into their 2013 home.

"Everyone wants a Don Draper kitchen," said Gilmour. "Even my elderly clients who would normally be drawn to a traditional, soft design are really interested in a flat, slab look and the mixing of paints with warm wood tones. Old woods are coming back, like walnut, teak and mahogany.

"People are becoming more creative with different types of wood applications, but everyone likes the soft tones with the wood tones."

Meanwhile, other homeowners are adding extravagant touches to their kitchens.

According to Gilmour, she has had requests for forno and pizza ovens and some homeowners are finding innovative ways to get a TV in the kitchen.

"I actually designed a traditional-looking hood cover for a flat-screen TV to be mounted on it," she said. "More and more people are putting their own flavours and tastes into their kitchen. People are putting two dishwashers into a kitchen or multitudes of ovens and warming drawers.

"It is becoming the place that you want to hang out in with easy accessibility to your favourite cooking methods."

THE CANADIAN PRESS

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Slatwall can be customized with easily installed hooks, as well as basket and shelving fixtures. ISTOCK

Give garage clutter the slatwall solution

DIY. For an easy way to hang up tools, bicycles and sports equipment, the Garage Brothers advise installing this groove-y panelling

Winter is just around the corner and that means your garage is about to become jam-packed with patio furniture, bikes and garden supplies. To help free up space, consider installing slatwall.

Similar to perforated hardboard, slatwalls use easily installed hooks to customize storage spaces.

Depending on the model, slatwalls can hold roughly 75 pounds per linear foot and with basket and shelving fixtures available, they make it easy to clear the clutter from your garage floor.

Decide on location and size
Slatwalls can be installed in just one area of your garage or an entire wall. Depending on how much gear needs to be stored, pick a size that won't look cluttered when finished and will leave extra room for the future. Consider tools like shovels or brooms to make sure the panels are installed high enough.

Locate and mark the studs
Once you've decided where you want to place your slatwall, use a stud finder and mark each stud with a pencil, as this is where you will secure the slatwall in place.

Depending on the wall and the type of studs, you may need different screws to safely hold the new storage wall in place. Check with a professional when buying the panels to make sure you have the proper screws for your garage.

Level and install the panels
Slatwalls have grooves along the outside edges to give them a seamless appearance when they connect, so make sure your first panel is level.

Don't rely upon the floor, ceiling or walls as guides as they may not be perfectly straight. Using the proper screws and an electric drill, install the first panel and check that it's level. Continue the above process for the rest of your panels.

Ensure the screws are all the way in or they could stop accessories from sitting in the grooves properly. If you're using a ladder to install higher panels, make sure to have a spotter to keep the ladder steady.

Install fixtures
The fixtures simply fit into the grooves of the slatwall and can be easily reconfigured at any time. All that's left to do is sit back and enjoy your newly organized garage.

Garage Gold

- For more tips on de-cluttering, tune in to Kraig Bantle and his family business Garage Brothers, featured in the brand new series Garage Gold, airing Sundays at 10:30 p.m. beginning Oct. 13 on DIY Network Canada.

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A winter safety tune-up

Leaves are turning, temperatures are dipping — and as those cheery folks from Game of Thrones' House of Stark like to remind us, winter is coming. For homeowners or home dwellers, that means there are chores that need doing to ensure a safe and healthy home for the months to come. From the basement to the attic, here are some things that need tending to in the weeks ahead.

THE CANADIAN PRESS

Furnace

You can't get through a winter without one in our part of the world — or at least a heating stove of some sort. But the beast in the basement needs regular care and maintenance to run efficiently and safely. "It should be done once a year, particularly in the winter when the furnace will be running. You don't want to have any problems with carbon monoxide," says Wolf Saxler, manager of healthy environments for Toronto Public Health. Filters should be replaced as frequently as the unit's manufacturer instructs, he says. "Put a date on it so you know when it was last changed and just replace it. It helps with allergens and dust moving around the house. And it helps with the efficiency of the furnace." Raynald Marchand of the Canada Safety Council says if there's a humidifier system attached to the furnace, it's a good idea to give it a good cleaning. Bacteria can accumulate in the units, especially the older drum types, he says.

Carbon monoxide detectors

Hopefully if you've kept your furnace in good shape, carbon monoxide shouldn't be a problem. Still, experts recommend having carbon monoxide detectors to alert you in case there is a build up of the odourless gas, which can kill.
Like real estate, with CO detectors the important thing is location, location, location. A unit in the basement, near the furnace, isn't going to be of much help if you are losing consciousness two storeys up. "With carbon monoxide, if the levels do go up it's not noticeable. You'll tend to drift off into sleep. You need the alarm to wake you," Saxler says. "Make sure you have one in the bedrooms. ... If one goes off in the basement, you won't hear it."

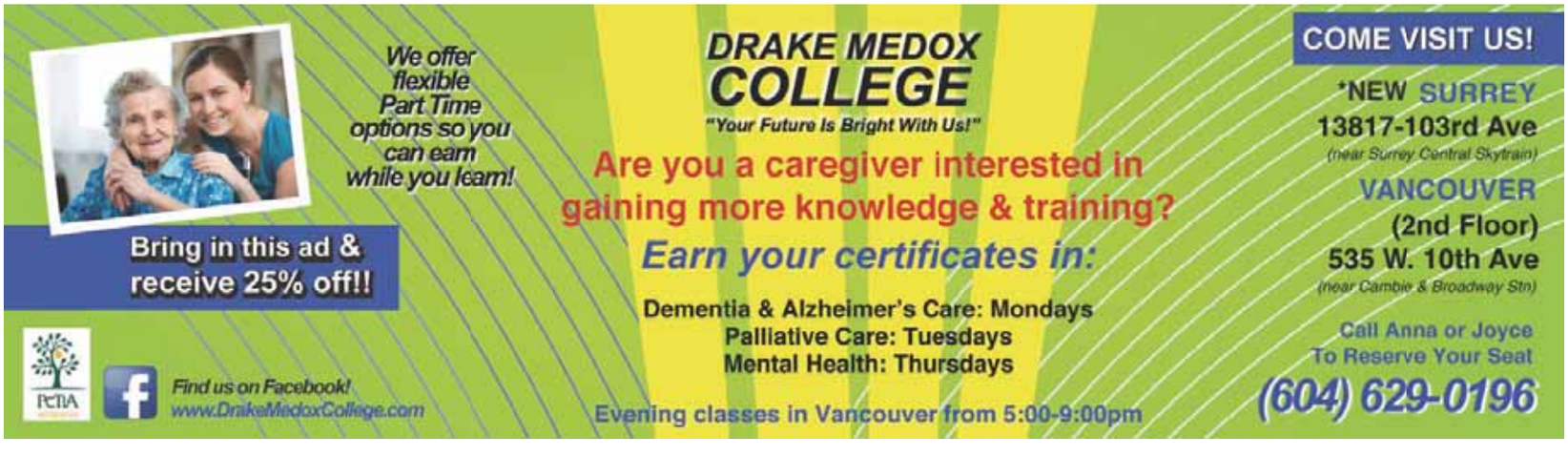
ALL PHOTOS ISTOCK

Smoke detectors

If your smoke detectors aren't hard-wired, ensuring that their batteries are still functioning could save your family in the event of a fire. The best idea, experts say, is not to wait till the device starts that annoying beeping that signals the batteries are about to die. They suggest people replace batteries in smoke and carbon monoxide detectors pre-emptively twice a year, when clocks are put forward and turned back in conjunction with the start and end of daylight savings time. Saxler says it's also worth eyeing the equipment to see if it is past its best-before date. "They're usually good for maybe 10 years from the date of manufacturing," he says.

The gutters

If your eavestroughs need to be cleared of fallen leaves, that's going to involve climbing a ladder. And this time of year, ladder falls are a common cause of emergency room visits, according to data collected a few years ago by the Canadian Institute for Health Information. It found that between gutter cleaning and Christmas-light installations, November is a peak time for ladder-fall accidents. Marchand says you might want to think about getting a professional to clear out the gutters on your house. But if you decide to brave the climb, be careful. "Ladder safety is important. The ladder should be attached at the top and you should have somebody at the bottom," he says.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Customizing your driveway is now easier than ever

David Ulick's concrete driveway with an antique finish accented with reclaimed red bricks from the 1920. AP PHOTO/ DAVID ULICK

Retro or modern?
With so many choices available any look is possible for one thing that you use every day — your driveway

The driveway that came with the 1921 Craftsman-style house that David Ulick bought five years ago was the original concrete one, marred by cracks and with tree roots starting to break through.

"I didn't like the driveway," said Ulick, of Pasadena, Calif. "I wanted something a little bit nicer."

He looked through books and drove through the Craftsman-rich neighbourhoods of Pasadena to get ideas before deciding on a concrete drive with an antique finish, accented with reclaimed red bricks from the 1920s.

"I wanted this to look like the original driveway, an original, nice driveway, and using used bricks gives it a nice old-fashioned look," Ulick said.

"It really makes it a grand entrance for the house," he added, noting the brick walkway up one side. "I figured I'd treat the Craftsman the way it deserves to be treated, and maintain its design style and heritage."

While a driveway may still be a utilitarian afterthought for many homeowners, others like Ulick are adding some serious curb appeal to their homes by moving beyond basic options like grass or gravel, asphalt or concrete. "The driveway is commonly overlooked," conceded Michael Keenan, an adjunct assistant professor of landscape architecture at the University of Minnesota. "Driveways are not cheap necessarily, but they are completely functional and necessary if you have a car and a garage."

Doing up the driveway, Keenan said, is a chance to "celebrate the function because it is a piece of the property you do use every day."

The design options have grown in the last decade or so, he said, as pavers — made from precast concrete, clay and natural stone like granite — are being turned out in a range of colours and sizes. Some have rounded edges for an older look; others are mottled to add colour variation to the driveway.

Installing a customized driveway is a way to put your own stamp on the hardscape and set your house apart from the rest. Depending on the neighbourhood, the materials and the quality of the craftsmanship, Keenan said, a driveway also could increase a home's resale value. "It does become a point of distinction," he said. "It is something people notice. It is elegant."

The least expensive paved driveways are made of asphalt, which cost about $12 to $15 a square foot, and concrete, costing about $14 to $18 a square foot, Keenan said. Though concrete is more resilient and lasts longer, both materials will crack over time, he said.

Pavers, which start at about $20 to $25 a square foot, should last a lifetime, Keenan said. "The key is the fact that the pavement acts as flexible fabric and it can move with the earth, and isn't a rigid system and isn't prone to cracking," he said.

THE ASSOCIATED PRESS

A permeable driveway pavement in winter. AP PHOTO/ NELCO LANDSCAPING

Expert advice for a custom design

Pavers can be used to make traditional patterns like basket-weave or herringbone, or be fashioned into a custom look. For a less traditional look, use a paver that comes in three or four sizes and lay them out at random, landscaper Michael Keenan says. Or get a custom design without breaking the bank by using concrete pavers accented with more expensive natural stone pavers.

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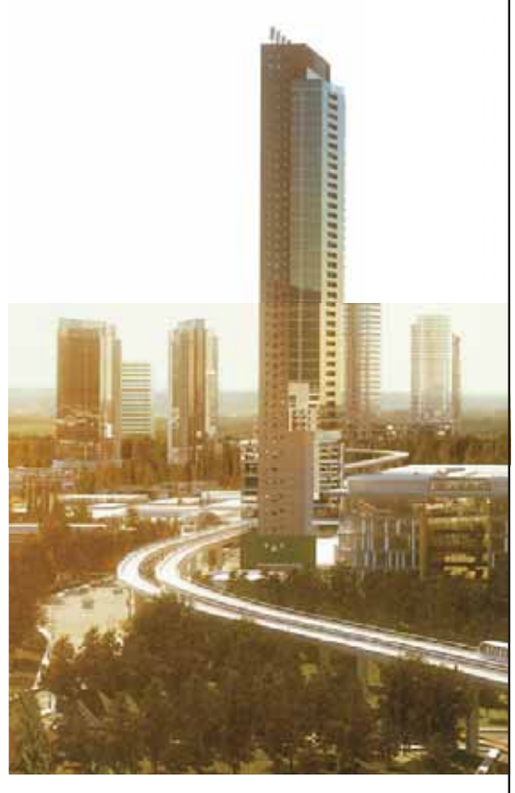

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A paint guru's recipe for colour

Sanded kitchen chairs from the Country Style chapter of the book Colour Recipes for Painted Furniture and More. ALL PHOTOS COURTESY OF CHRISTOPHER DRAKE

DIY magic. Author Annie Sloan presents projects in decor styles ranging from country and boho chic through modern contemporary

Annie Sloan sees endless possibilities when it comes to using paint, which includes applying colourful strokes to a variety of surfaces — not just the walls.

In Colour Recipes for Painted Furniture and More (CICO Books), the U.K.-based Sloan brings her expertise in decorative painting to the forefront with 40 step-by-step projects, transforming pieces with an infusion of vibrant hues, some creativity and a little elbow grease.

With more than 40 years spent painting and numerous books on the subject to her credit, Sloan is also well known for creating Chalk Paint, a water-based decorative paint specifically designed for furniture but also applicable for use in paintings, on fabric, walls and floors.

From April to October of last year, Sloan set to work with the help of her team in refurbishing items — most of which were purchased at auctions and junk shops — as part of the renovation of her family farmhouse in northern France.

While the retreat is decorated predominately in French rustic style, chapters within Colour Recipes feature projects that showcase other design influences, including boho chic, country and modern contemporary. The book highlights smaller-scale efforts — like painting wall sconces and dyeing drapes — to larger projects, like fashioning a freestanding tub into a copper leaf bath.

For individuals struggling with paint colour selection, Sloan recommended keeping the room itself in neutral tones while opting for a few stronger hues as accents, like painted chairs or upholstered furniture.

"You could do the rooms in grey and black and white, possibly, with one red piece of furniture," she said in an interview following her recent appearance at the Fall Home Show in Toronto.

"When you say 'colourful' (people think) they're going to have to paint every room a different colour and every wall a different colour. No, not at all."

Colour Recipes features several examples of painted pieces as focal points within more muted surroundings.

In a room with white walls, a French Napoleonic bed is drenched in a rich green hue. The ornate laurel leaves and shield on the bed-head are given the gilded treatment with brass leaf.

Sloan goes even bolder with another bed featuring patterns she described as reminiscent of American abstract art in the 1960s. Chevron and circular shapes on the head and foot of the bed are painted in a number of striking shades — accenting the already boldly-hued orange that encompasses the entire piece.

"You don't go in that room and just go, 'Oh my God, it's so bright.' Because actually, it doesn't look it," Sloan said. "The walls are grey. ... Everything is soft. Just this (bed) and one chair and grey curtains as well. It's quite livable."

Sloan recommends scouting Pinterest for project inspiration. While individuals shouldn't "over-complicate themselves" while painting pieces, she suggested choosing to refurbish items that will make a true statement within the home.

"Do something like a cupboard, something that's going to make a difference, and take something that you've hated in your house for years — and you'll be thrilled," she said. "Something Granny left you or something you bought when you first got married and it was cheap and it's out of date.

"The best thing to do is go to garage sales — and people throw out amazing things — and have a go."

THE CANADIAN PRESS

Vancouver Home and Design Show

- Author Annie Sloan is scheduled to appear at the Vancouver Home and Design Show on Oct. 19, vancouverhomeanddesignshow.com.
- Her new book, Colour Recipes for Painted Furniture and More, is available from chapters.indigo.ca for $19.76.
- For more on the author, visit anniesloan.com.

Painted objects around the home

A copper-leaf bath from the Boho Chic chapter of the book Colour Recipes for Painted Furniture and More.

A painted and gilded headboard from the Boho Chic chapter of the book.

A chipped-paint cabinet from the French Style chapter.

A distressed armoire from the French Style chapter.

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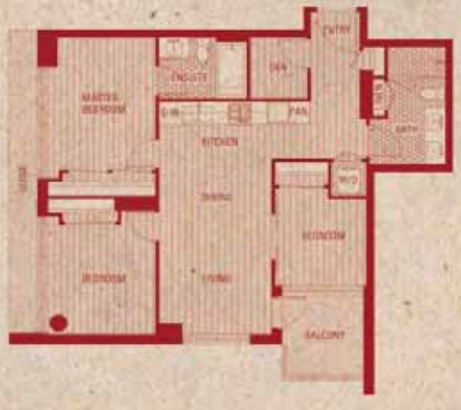

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Fallgold raspberries are all flavour and beauty

Garden. Impress visitors with this delicious treat

Many raspberries taste good, especially when picked dead ripe and popped into your mouth, but Fallgold is perhaps the tenderest and sweetest raspberry around. Here is a berry that you'll never see in a supermarket; it's too fragile to travel much further than arm's length.

Fallgold berries also have an unusual appearance. Their pale yellow, blushed orange colour seems to speak to their sweetness and tenderness.

As its name indicates, Fallgold bears fruit in the fall.

Fallbearing raspberries are sometimes called everbearing raspberries, although they actually bear only two crops each season. The first, in midsummer, is borne lower on canes that grew the previous season, the ones that started bearing near their tips the previous late summer and fall.

Knowing where and when these raspberries fruit tells you how to prune them. Easiest is just to cut the whole planting to the ground early each winter. This method sacrifices the summer crop but avoids any problems from winter cold.

However, it seems a shame to choose that easier pruning route for Fallgold. Why? Because if you let it bear two crops a season, you're forced to suffer only a short hiatus — usually only a couple of weeks — between the end of the summer crop and the beginning of the second crop. You get berries from midsummer right into autumn.

Pruning for two crops is not all that difficult. In winter or right after the summer crop finishes, cut down to the ground every cane that bore a summer crop. You can recognize these canes because they show their age with peeling bark. In winter, go over the planting and cut to the ground enough younger canes so that those that are left are a few inches apart and grow in a swathe no wider than 12 inches. Selectively remove the thinnest ones.

With Fallgold grown for two crops each season, there's still usually no need to worry about winter cold damage on those canes that remain. Despite its beauty, sweetness and tenderness, Fallgold is a tough plant. Don't fret too much about deer damage either: Deer aren't all that fond of raspberry canes, and Fallgold will compensate for any canes that are eaten with a subsequent, larger late summer and fall crop.

THE ASSOCIATED PRESS

Fallgold berries are not only tasty but add a lovely colour to any garden. LEE REICH/ THE ASSOCIATED PRESS

Fusilli or rotini? Shrimp and clams or halibut? Choose your ingredients

Seafood Tomato Sauce over Fusilli with Fennel

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This hearty seafood sauce is perfect during the cooler months.

Fennel is outstanding in this dish. If it is unavailable, use 1/4 cup licorice liqueur or 1 tbsp fennel seeds. If the licorice taste is not desired, omit fennel and add 1 cup chopped leeks or onions.

Any combination of seafood can be substituted to make up the total amount.

Firm white fish fillets, such as halibut, snapper or haddock, can be substituted for seafood.

1. Cook the chopped fennel in boiling water for about 8 minutes, or just until barely tender. Drain and set aside.

2. Cook pasta of your choice in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

3. In a large nonstick saucepan, heat the vegetable oil; sauté garlic, red onions, green peppers and fennel for 5 minutes. Add sliced mushrooms and cook for 5 minutes or just until mushrooms are no longer wet. Add crushed tomatoes, stock, black olives, tomato paste, basil, oregano, bay leaf and cayenne. Simmer on medium-low heat for 15 minutes, stirring occasionally.

4. Add seafood. Cover and simmer for 3 minutes, or until mussels are open and seafood just cooked. Pour over pasta. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 1 cup chopped fennel
- 12 oz fusilli or rotini
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped red onions
- 1 cup chopped sweet green peppers
- 1 cup sliced mushrooms
- 2 cans (19 oz each) crushed tomatoes
- 1/2 cup fish or chicken stock
- 1/3 cup sliced black olives
- 1 tbsp tomato paste
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Pinch cayenne
- 8 oz fresh mussels or clams
- 8 oz shrimp, peeled and deveined
- 8 oz squid, cleaned and sliced

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For Thanksgiving or Christmas, this is your guide to making a traditional turkey spread with old-fashioned stuffing, sides and sauces. There's cranberry confit, five-nut roasts and custard trifles for everyone.

Lunch. Baby Spinach, Tuna & White Bean Salad

Tender baby spinach is a source of iron, and makes a great base for this main course tuna-bean salad.

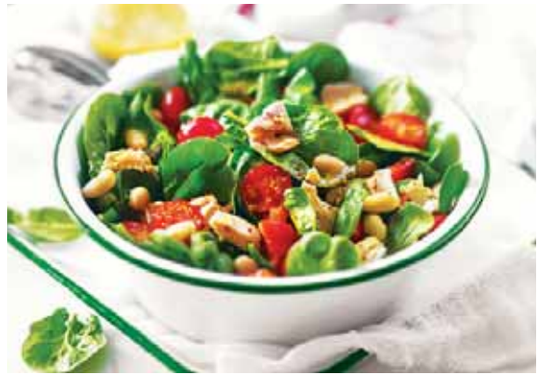
1. In large bowl, toss together spinach, tomatoes, red peppers, kidney beans, tuna, 1/4 tsp (1 ml) of the salt, and pepper.

2. In small bowl, whisk together the red wine vinegar and Dijon mustard; whisk in olive oil and remaining 1/4 tsp (1 ml) of salt. Pour the dressing over tuna mixture; toss to coat.

PRESIDENT'S CHOICE

Ingredients

- 1 tub (142 g) PC Organics Baby Spinach
- 1 cup (250 ml) cherry tomatoes, halved
- 1 cup (250 ml) diced sweet red peppers
- 1 can (540 ml) white kidney beans, rinsed and drained
- 1 can (120 g) PC Solid White Tuna in Water, drained and flaked
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) red wine vinegar
- 2 tsp (10 ml) Dijon mustard
- 1/4 cup (50 ml) olive oil



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HOME RENOS
Thursday, October 10, 2013

A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. SYDA PRODUCTIONS/COLOURBOX

The road to renovation success

Renovate with confidence — plan for success. The suggestions below, offered by the Canadian Renovators' Council of the Canadian Home Builders' Association, will set you well on your way to a home renovation that is done right.

Know what you want
A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. Take the time to explore the possibilities and develop a detailed plan.

Get professional advice
Renovation professionals have a wealth of experience and can advise you on budgets, work with you to develop the right design and help you choose appropriate products and materials. If you opt to do the design work as a separate first step, a designer can also prepare a firm plan for you to get bids for the actual work. Alternatively, you may wish to hire a design/build renovator to look after all facets of your project.

Set a realistic budget
The cost of finishing products varies tremendously. Special trades may be required for tasks such as rerouting plumbing and wiring. There may be costs for waste disposal. And so on.

Set realistic time frames
Not surprisingly, homeowners can underestimate the time it takes to do a renovation, not recognizing the number of steps involved in a project. For example, a simple bathroom makeover can take weeks since it involves many different tasks that must be done in the right order, and a number of different trades that must be co-ordinated.

You can't rush quality
Discuss the timelines for your project with your renovator and any concerns you may have about the scheduling. Be prepared to accept that it may take longer than you initially thought, to get the work done right and to your lasting satisfaction.

Hire for value, not price
If you invite bids from a number of companies, it may be tempting to go for the lowest price, but you need to consider the implications. Does the renovator understand what's involved in the project? Will you get the quality you expect, or will the renovator cut corners to stay within the budget? Will you be hit with extra charges for items that other contractors included in their bids? Sometimes the lowest price bid ends up costing the most.

Be a knowledgeable client
It is your home, your project and your investment. It's vital that you are comfortable with the renovation process and understand what is going on. And never hesitate to ask questions or bring up any concern you may have.

CANADIAN HOME BUILDERS' ASSOCIATION

The products and materials used in your renovation can have a big impact on the overall quality of the job and your satisfaction. COLOURBOX

Don't settle for inferior products

One of the exciting aspects of renovating your home is choosing the materials and products that go into it. From bathroom fixtures to flooring to mechanical systems, the marketplace offers great choice, quality, affordability and value. However, there are also inferior products out there, and at first glance, it can be difficult to tell the difference.

The products and materials used in your renovation can have a big impact on the overall quality of the job and your satisfaction.

When you buy a brand name product made by a respected, well-known company, you know you can trust the quality. Brand name manufacturers invest significantly in research and development to bring new, improved products to the market. They stand behind their products with a warranty and after-sales service. As well, they offer training and installation assistance to new home builders and renovators.

There are standards for many products used in home renovation. Some standards are mandatory and may be referenced in building codes. Other standards are voluntary. Manufacturers of quality products make sure their products are tested and certified, whether required or not.

Testing and certification are done by the Canadian Standards Association (CSA), Underwriters Laboratories of Canada (ULC), and other similar agencies. Look for symbols of these agencies when you shop, get advice from your renovator, and go online for more information. If a product doesn't indicate that it meets any standard, you have no way of knowing how well it will perform, or how long it will last.

A product may claim to be "green" and offer some kind of environmental benefit. Unless the manufacturer backs up the claim with solid, verifiable information, preferably from a third party, you can't know if you are getting what you expect.

Don't hesitate to ask tough questions of suppliers and retailers, and demand detailed information to substantiate a green claim, before you choose a product based on its environmental attributes.

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Design. Create a harmonious environment

Good design is an integral part of a successful renovation. It adds to the functionality of your home, increases your enjoyment, and gives you the best value for your investment. In other words, design can make a big difference.

The aim of good design is to create a harmonious environment of practical, common sense elements that enhance your life — a living environment that looks, feels and works well.

It always begins with function. Only when the function of a room has been clearly defined, can you begin to develop the space. That's why designers will often ask homeowners to spend time thinking through, sometimes in minute detail, how they use or wish to use a specific area. This is particularly important for a kitchen renovation to ensure the proper configuration of working and storage areas, lighting, and so on.

It is helpful to define your style right at the start. For instance, are you traditional, French country, urban chic or something else? You may not have a label for your own style, but what are your preferences? Before consulting with professionals, create a portfolio of designs, products and materials that you like — photos, brochures, samples, etc. This will help both you and them to zero in on the right style and details.

Every project is different, but renovation experts agree there are a number of design considerations that apply generally to renovations.

- Room sizing. Draw your furniture (scaled proportionately) right on the plan — does the room seem too crowded now?
- Traffic flow. How does your family move around in the house, in and out of rooms, from one area to another? Are there awkward or "dead" areas?
- Lighting. Lighting plays a big role in setting the mood in your home and accenting features of a room. Use a combination of fixtures to create different effects — pot lights, wall sconces, chandeliers.

To get the best out of your design, think through all other elements of your renovation, from windows and doors to stairs and railings. Always consider function, style, placement and compatibility with surroundings.

CANADIAN HOME BUILDERS' ASSOCIATION

Renovations, such as painting, are an opportunity to protect your investment and enhance the value of your home. VIACHESLAV/COLOURBOX

Enhance value of your home

Your home is likely the most valuable asset you own. Your decision to renovate it may be driven by your lifestyle and a personal desire to upgrade. At the same time, renovation is an opportunity to protect your investment and enhance the value of your home.

First, to protect your asset, start with the basics.

Ongoing maintenance prevents the deterioration of a home and its value. As part of your renovation planning, do a thorough inspection of your home or hire someone to do it.

General wear and tear is often inexpensive to deal with, but can make a big difference to the appearance and appeal of your home. Components, from roofing shingles to furnaces, must be replaced at the end of their lifespan.

It's crucial to eliminate problems that can damage your home. Moisture problems, for instance, that can also be detrimental to your health, should be dealt with before or at the same time as your renovation, not postponed to later. Cracks in the foundation or brick walls, loose siding, missing mortar, sagging floors or other issues that have developed over time should be attended to, before they create more serious problems.

Next, there are a number of ways you can maximize the value of your renovation investment.

Increasing the energy- and water-use efficiency of your home has both immediate and long-term payoffs. You will start saving money on your utility bills as soon as the new systems have been installed, while federal and/or provincial grants may help to offset your cost.

While taste is personal, a well-designed renovation will add greater appeal and value to your home. Spatial considerations are key — layout, traffic flow, visual flow from one area to another, size of rooms and ease of furnishing them, tying new construction seamlessly with the existing home, and so on. Trends come and go — you may want to choose features and finishings with lasting appeal, instead of the latest, hottest items.

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Rookie Manneh silences Sounders

MLS. Whitecaps draft pick comes up big with hat trick as Vancouver remains entrenched in hunt for playoff spot

CAM TUCKER
cam.tucker@metronews.ca

In their moment of need, the Vancouver Whitecaps turned to a teenager: 18-year-old rookie Kekuta Manneh.

And in the biggest game of his young career, and the most important game of the season for the Whitecaps, Manneh delivered a breathtaking, almost unbelievable performance.

Manneh, who Vancouver selected fourth overall in this year's Major League Soccer SuperDraft, scored three times to help the Whitecaps to a 4-1 victory over the Seattle Sounders FC at CenturyLink Field on Wednesday night.

The Whitecaps entered the match without strikers Kenny Miller (injury) and Darren Mattocks (international call-up), which meant Manneh, used mostly as a substitute throughout the season, was ushered into the starting role.

The win was historic on two fronts.

Manneh's hat trick was the first ever by a Whitecaps player since the club joined MLS in 2011, and it was Vancouver's first win in Seattle since coming into the league.

Not lost in the win was the performance of Japanese midfielder Daigo Kobayashi, who has underwhelmed in Vancouver throughout the season.

The Whitecaps' Kekuta Manneh, right, runs past Seattle Sounders FC goalie Michael Gspurning after scoring a goal in the first half on Wednesday in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

But he had perhaps his best game as a member of the Whitecaps, recording assists on two of Manneh's three goals.

The win itself was crucial to Vancouver's playoff hopes, which are still slim but have increased ever so slightly.

The Whitecaps entered the Cascadia Cup derby in Seattle as the seventh-place team in the Western Conference, six points behind the Colorado Rapids for the fifth and final playoff position.

The Whitecaps remain in seventh place, but are now three points back of the Rapids. The two clubs play a home-and-home against each other to close out the regular season.

Immediately following the Whitecaps' win in Seattle, the Rapids lost to the sixth-place San Jose Earthquakes.

The Whitecaps, Rapids and Earthquakes are separated by three points for the final playoff spot. Each team has two games remaining in their respective schedules.

CFL

Lions quiet on trade deadline, but bring in RB

The Canadian Football League trade deadline came and went Wednesday afternoon without a move from the B.C. Lions.

General manager Wally Buono had been actively trying to make a trade, however one did not materialize by the 12:59 p.m. PT cutoff, with the asking price apparently too high.

"We had a specific thing that we wanted to do, but at the end of the day we didn't want to give up what the other team wanted," said Buono during Lions practice.

Buono did not get into specifics about what position the Lions were trying to upgrade through a deal, or what exactly another team was asking for, although it's believed talks focused on B.C.'s offensive line.

Buono also said running back Stefan Logan, who played for B.C. in 2008 before going down to the National Football League for the past four seasons, will return to the Lions and is expected in Vancouver early next week.

The speedy running back was initially unable to attain a U.S. passport due to the government shutdown. That issue has been resolved, according to Buono.

The Lions travel to Calgary on Thursday to play the Stampeders the following night in a West Division match-up.

A point of emphasis for the Lions heading into Friday has been trying to revive a dormant run game. CAM TUCKER/METRO

Santorelli rolling for Canucks as Sharks circle

Mike Santorelli scores the game-winning goal against the Flames on Sunday. He added another game-winner on Tuesday. JEFF MCINTOSH/THE CANADIAN PRESS

On Wednesday morning the NHL's public-relations department tweeted that there had been an official scoring change on the Canucks' overtime-winning goal on Tuesday.

Turns out Mike Santorelli, stationed in front of goaltender Cory Schneider, was indeed the goal-scorer in the extra frame who gave the Canucks their third straight victory, this time a 3-2 decision over the visiting New Jersey Devils.

How apropos.

Santorelli has become a feel-good story for the Canucks early on this new season.

He is a local guy, a Burnaby product, playing for the home team. And as an unrestricted free agent, and having played for four different teams last season, he signed a two-way deal with the Canucks in the summer — although he was never guaranteed a roster spot.

He earned that out of training camp. Not only did he enter camp in tremendous shape, but he was among the more productive forwards during the pre-season.

And he's continued to impress through four games. His goal Tuesday was not only his third of the season, it was his second overtime winner in as many games.

"Everywhere I put him, something happens.... Right now everything I do with him, he does great things for us," said head coach John Tortorella, post game.

The Canucks host the San Jose Sharks at Rogers Arena on Thursday. It's a meeting of two teams that have won three in a row.

The Sharks thumped the New York Rangers 9-2 on Tuesday.

CAM TUCKER/METRO

The Cardinals celebrate Wednesday's win in St. Louis. ELSA/GETTY IMAGES

Cardinals crush Pirates' playoff dream in Game 5

MLB. St. Louis moves on to face Dodgers thanks to Wainwright's clutch performance

Game 5

Cardinals	Pirates
6	1

Nobody's better than the St. Louis Cardinals when they can't afford to lose.

Adam Wainwright went all the way on the mound and St. Louis got two-run homers from David Freese and Matt Adams to beat the Pittsburgh Pirates 6-1 Wednesday night, advancing to the NL championship series for the third straight season.

Wainwright scattered eight hits in his second dominant win of the division series, coming through for the Cardinals in a winner-take-all Game 5. St. Louis gets to stay at home to open the NLCS against the well-rested Los Angeles Dodgers on Friday night.

"I wanted it bad. It's probably the most nervous I've ever been," Wainwright said. "I don't get a whole lot of nerves when I pitch. Before I pitched today, I was pretty nervous."

By ending Pittsburgh's storybook season, the Cardinals improved to 8-1 when facing post-season elimination the past three years. They also won Game 5 of the NL division series in Washington last year — even though Wainwright got rocked — and at Philadelphia in 2011.

Freese homered in the second inning off rookie Gerrit Cole, and Adams connected in the eighth against reliever Mark Melancon to make it 5-1. Pete Kozma added an RBI infield single, and Wainwright finished it off by striking out Pedro Alvarez with two on.

THE ASSOCIATED PRESS

NHL. Flames rookie Monahan shining bright

Flames rookie Sean Monahan celebrates his goal on Wednesday night in Calgary. THE CANADIAN PRESS

Rookie forward Sean Monahan had a goal and an assist and goalie Joey MacDonald stopped 33 shots he faced to lead the Calgary Flames to a 3-2 win over the Montreal Canadiens on Wednesday.

The 18-year-old Monahan has scored in three straight games and is tied at five points for the team scoring lead with Jiri Hudler.

The last time the Flames recorded points in the first four games of a season was back in 2009-10. THE CANADIAN PRESS

NHL

Steen gives Blues last-second win

Alexander Steen got just enough on a slap shot in the closing seconds to get the puck past Corey Crawford and give the St. Louis Blues a win over the rival Chicago Blackhawks.

Steen's drive with 21.1 seconds left in the third trickled through Crawford and lifted the Blues to a 3-2 victory against the defending Stanley Cup champions on Wednesday night.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	4	3	1	0	13	10	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Tampa Bay	3	2	1	0	7	7	4
Ottawa	2	1	0	1	5	5	3
Montreal	3	1	2	0	9	8	2
Florida	3	1	2	0	5	11	2
Buffalo	4	0	3	1	4	10	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	3	3	0	0	12	3	6
NY Islanders	3	2	0	1	12	7	5
Carolina	3	1	1	1	6	9	3
New Jersey	4	0	1	3	9	15	3
Columbus	2	1	1	0	6	6	2
NY Rangers	3	1	2	0	6	14	2
Washington	3	1	2	0	10	12	2
Philadelphia	4	1	3	0	5	10	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	3	3	0	0	14	4	6
Colorado	3	3	0	0	11	3	6
Winnipeg	3	2	1	0	12	10	4
Chicago	3	1	1	1	10	10	3
Dallas	2	1	1	0	4	5	2
Nashville	3	1	2	0	6	9	2
Minnesota	3	0	1	2	7	10	2

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	3	3	0	0	17	4	6
Vancouver	4	3	1	0	15	12	6
Calgary	4	2	0	2	15	15	6
Anaheim	3	2	1	0	8	11	4
Phoenix	3	1	2	0	6	11	2
Los Angeles	3	1	2	0	7	10	2
Edmonton	3	1	2	0	11	15	2

Note: Two points for a win, one point for overtime loss.

Wednesday's results
Calgary 3 Montreal 2
St. Louis 3 Chicago 2
Ottawa at Los Angeles
Tuesday's results
Colorado 2 Toronto 1
NY Islanders 6 Phoenix 1
Philadelphia 2 Florida 1
Pittsburgh 5 Carolina 2
Tampa Bay 3 Buffalo 2 (OT)
Nashville 3 Minnesota 2
Vancouver 3 New Jersey 2 (OT)
San Jose 9 NY Rangers 2

Thursday's games
All Times Eastern
Colorado at Boston, 7 p.m.
Columbus at Buffalo, 7 p.m.
Carolina at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Toronto at Nashville, 8 p.m.
Winnipeg at Minnesota, 8 p.m.
Montreal at Edmonton, 9:30 p.m.
NY Rangers at Anaheim, 10 p.m.
San Jose at Vancouver, 10 p.m.

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5; x — played only if necessary)

BOSTON (1) VS. TAMPA BAY (6)

(Boston wins series 3-1)
Tuesday's result
Boston 3 Tampa Bay 1

OAKLAND (2) VS. DETROIT (3)

(Series tied 2-2)
Tuesday's result
Detroit 8 Oakland 6
Thursday's game
Detroit (Scherzer 21-3) at Oakland (Colon 18-6), 9:07 p.m.

N.L. DIVISION SERIES

ST. LOUIS (1) VS. PITTSBURGH (4)

(St. Louis wins series 3-2)
Wednesday's result
St. Louis 6 Pittsburgh 1
Monday's result
St. Louis 2 Pittsburgh 1

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles Dodgers wins series 3-1)
Monday's result
L.A. Dodgers 4 Atlanta 3

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	18
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.
Friday's game — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday's game
Edmonton at Saskatchewan, 4:30 p.m.
Monday, Oct. 14
Winnipeg at Montreal, 1 p.m.
Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK SIX

Thursday's game — All Times Eastern
N.Y. Giants at Chicago, 8:25 p.m.
Sunday's games
Detroit at Cleveland, 1 p.m.
Green Bay at Baltimore, 1 p.m.
St. Louis at Houston, 1 p.m.
Cincinnati at Buffalo, 1 p.m.
Pittsburgh at N.Y. Jets, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Carolina at Minnesota, 1 p.m.
Oakland at Kansas City, 1 p.m.
Tennessee at Seattle, 4:05 p.m.
Jacksonville at Denver, 4:05 p.m.
New Orleans at New England, 4:25 p.m.
Arizona at San Francisco, 4:25 p.m.
Washington at Dallas, 8:30 p.m.
Monday, Oct. 14
Indianapolis at San Diego, 8:40 p.m.

MLS

Wednesday's results
Kansas City at Houston
Vancouver at Seattle
Colorado at San Jose
Saturday's games
New England at Montreal, 2:30 p.m.
Philadelphia at D.C., 7 p.m.
Chicago at FC Dallas, 8:30 p.m.
Sunday's game — Seattle at Portland, 9 p.m.

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 18, 2013. PLEASE QUOTE: "Graphic Designer - Vancouver" in the subject line. All submissions will be treated as confidential.

metro

Horoscopes

♈ Aries
March 21 - April 20
The planets warn someone you have financial dealings with will try to take advantage of you. They will only succeed if you can't be bothered to stop them. Sometimes you can be too easygoing.

♉ Taurus
April 21 - May 21
If you are looking for an honest opinion from your friends, you won't get it. You will though get flattery by the bucket load, so try to keep in touch with reality. Take what others tell you with a large pinch of salt.

♊ Gemini
May 22 - June 21
The spotlight will shine on areas of your life that maybe you would prefer to keep under wraps. Don't kick up a fuss or your enemies will realize they have touched a nerve and won't ever leave you alone.

♋ Cancer
June 22 - July 23
You are in a restless mood today but it's highly unlikely you will be in the same place tomorrow. Get away from your usual surroundings. It will do you a world of good.

♌ Leo
July 24 - Aug. 23
A combination of Venus and Neptune will bring your humanitarian instincts to the fore today. But be careful who you give money to as not everyone will deserve it.

♍ Virgo
Aug. 24 - Sept. 23
You may find it hard to explain how you feel today but that's OK. Those who count the most will recognize the signs and give you the love and support you so clearly need.

♎ Libra
Sept. 24 - Oct. 23
Do you control your desires or do you indulge them to the full? Only you can decide. But if you play safe, you will most like regret it. Life is for laughing and loving, so don't be scared to take chances.

♏ Scorpio
Oct. 24 - Nov. 22
Today's influences may take away your energy, at least for a while, but that may be no bad thing. Sometimes it's good to step back from the hustle and bustle of life and refocus.

♐ Sagittarius
Nov. 23 - Dec. 21
Take your pleasures where you find them today — and you will find them in every direction. Most likely you will get the greatest satisfaction from being with your family.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be worrying that your life is going too well and something is sure to go wrong in a big way very soon. That's typical Capricorn negative thinking but, you are wrong.

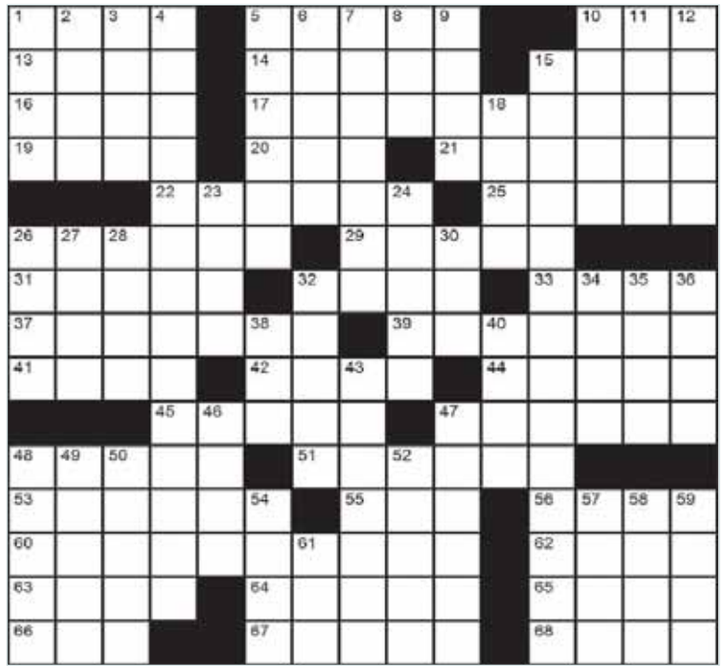
♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to worry about issues that you have no way of controlling, so snap out of the funk you have fallen into and get your mood back up there in the clouds. Life is supposed to be fun — remember?

♓ Pisces
Feb. 20 - March 20
This may be a restless day for you but that's OK. In fact, the more you and move around, the more fun you will have — and the more money-making opportunities you are likely to attract. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

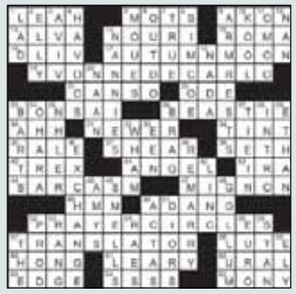
BY KELLY ANN BUCHANAN



Across
1. On __ (Without a contract)
5. "The __ Estate" on CBC
10. Person's size stat.
13. Curved shape
14. Hit _ __ spot
15. Cut back
16. Ms. Ephron
17. Hit for Canadian band Sweeney Todd: 2 wds.
19. Made, like wool
20. Old English letter
21. CBC's "Battle of the __"
22. 1992 Barenaked Ladies album
25. "Take __ __ day at a time."
26. Improvises
29. Sketch's Mr. Michaels
31. Prefix meaning 'Nose'
32. Head of France?
33. Garnish
37. BBC Canada motoring program: 2 wds.
39. Whale: French
41. Absentee soldier stat.
42. Headquarters
44. It's short for 'low budget'
45. Era
47. Breathable fabric
48. Deadly
51. Dance music style
53. Onze: English
55. Geddy of Rush
56. Where Neil Armstrong worked
60. Old West saloon brawl weapon: 2 wds.
62. Particular
63. Mark Twain story, __ Diary
64. Six-stringed instruments
65. "We want you here!"
66. Soak flax
67. Rile
68. Twirl

Down
1. Without
2. __ up (Support)
3. Almond shade
4. Spectacular signs of the season: 2 wds.
5. Sea travellers
6. "That __ __, I could have sworn that..."
7. Battlefield shelter
8. Attempt
9. Cilantro, for one
10. Writer, Ralph __ Emerson (b.1803 - d.1882)
11. PEI, The __ Province
12. Succinct
15. What caused Pangaea to break apart?: 2 wds.
18. Ken of "thirty-something"
23. Instrument for the Duck in Sergei Prokofiev's symphonic fairytale Peter and the Wolf
24. "That might __ __ such a bad idea..."
26. "Thou ___ lady." - King Lear
27. Red Sea sailing vessel
28. Fat-sucking oper.
30. Mens __ (Criminal intent, in law)
32. Stretch of land
34. Carouse
35. Quickly, __ __ time at all
36. "You're putting __ __, right?!"
38. Blood-typing letters
40. Novelist Mr. Uris
43. Coach on "The Voice", Blake __
46. Common people member, briefly
47. Cornball
48. Not as many
49. Hit for Canadian singer Edwin
50. Dogma
52. Sit-and-play instrument
54. 'N' of NS
57. On
58. __-sweet chocolate
59. Sherman Hemsley comedy of 1986 to 1991
61. Pantry container

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9					5	8	7	
	5			2		4	6	
4			6					1
				8			1	4
		8				2		
5	4			9				
7					3			8
	1	6		5			3	
	2	4	7					6

Yesterday's Sudoku

2	7	8	5	9	1	6	4	3
6	4	5	7	3	8	9	1	2
3	9	1	6	4	2	7	8	5
1	5	6	3	7	4	2	9	8
7	8	9	1	2	6	5	3	4
4	3	2	8	5	9	1	7	6
5	6	7	9	8	3	4	2	1
9	2	3	4	1	5	8	6	7
8	1	4	2	6	7	3	5	9

Today 12°/7° Partly cloudy
Friday 12°/8° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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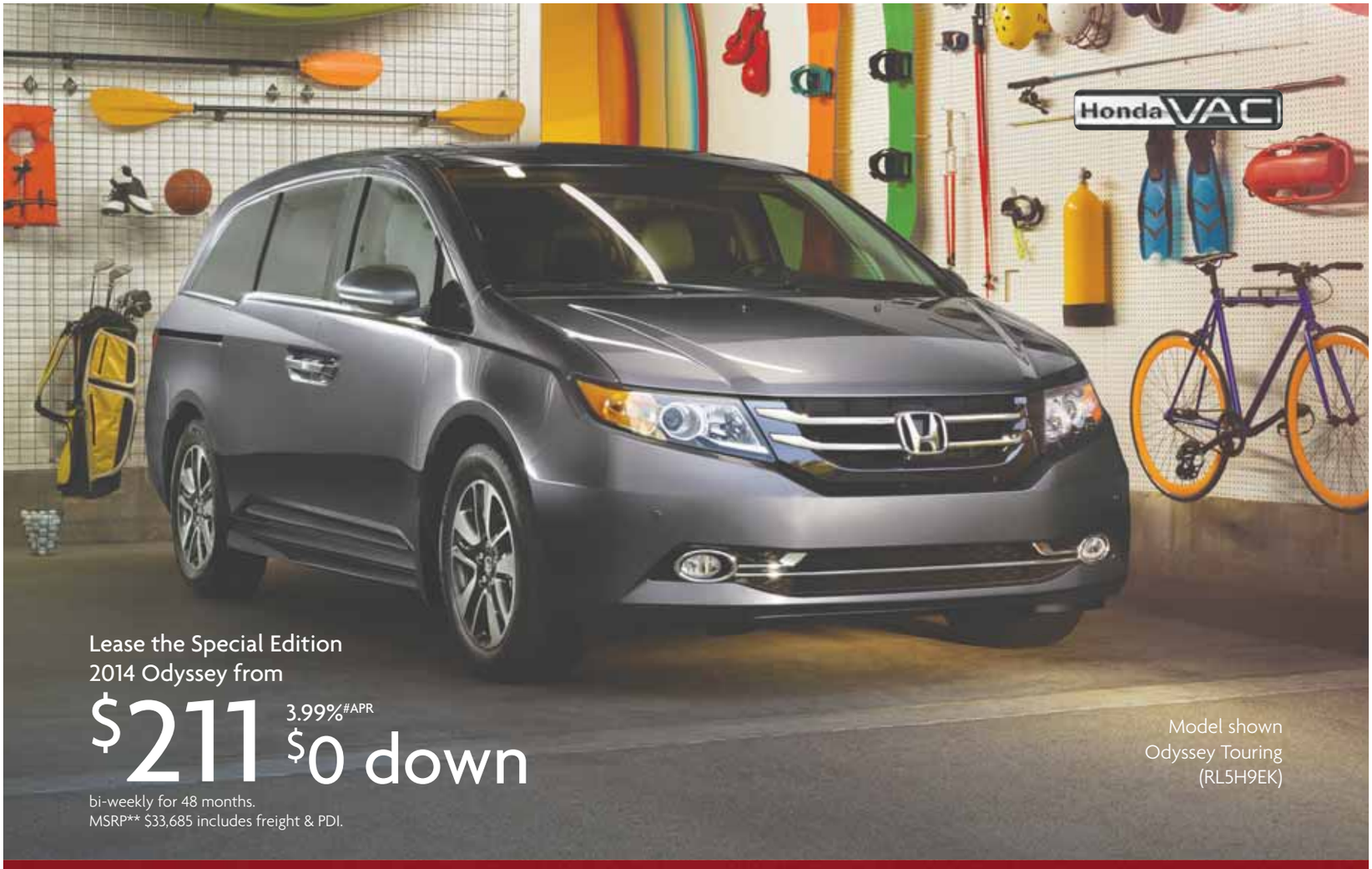

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